GOBBLE UP: How to cook a holiday feast without fattening your family | **Inside**

express

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Tuesday

KHALIL HAMRA/AP

Palestinians carry a wounded Fatah supporter.

Deadly Rally: Hamas police fire on Fatah crowd in Gaza | 8

ADHD Insight: Research shows slow brain maturity | 5

Top Down: Gibbs has been hurting the team this season | 19

ENTERTAINMENT

Love and War: *Benjamin Bratt* fights for his wife's heart as Dr. Urbino. Plus, Chicago indie band Arks at the Velvet Lounge.

>> 12-16

Bhutto Detained Ahead of Protest March

WALLY SANTANA/AP

WELCOMED: Pakistani opposition leader Benazir Bhutto visits a mother in Lahore whose son died in the Oct. 18 bombing of Bhutto's caravan. Bhutto was placed under house arrest Monday to prevent her from staging a march against emergency rule on Tuesday. ✤ **Showdown:** Arrest heightens tensions | **Page 8**

Pope to Visit D.C. on '08 Trip

Benedict's first U.S. tour will include Mass at Nationals Park

BALTIMORE | Pope Benedict XVI will travel to the United States for the first time as pontiff next year to meet with President Bush, address the United Nations and visit Ground Zero, a Vatican official told American bishops Monday.

The pope also will celebrate Mass at the new Nationals Park stadium and Yankee Stadium during the April 15-20 visit to Washington and New York, according to Archbishop Pietro Sambi, Vatican ambassador to the United States.

The announcement comes as the 67 million-member American Catholic church is grappling with a priest shortage and an often alienated flock, and is still recovering from the clergy sex abuse crisis. American dioceses have paid more than $2 billion in settlements with victims since 1950.

The visit coincides with the third anniversary of Benedict's election to succeed Pope John Paul II on April 19, 2005.

Benedict

John Paul's five visits to the United States during his pontificate were major events. When he arrived at New York's Madison Square Garden in 1979, a school band welcomed him with the theme from "Rocky."

The late pontiff's charisma and personal warmth attracted tens of thousands of people to his appearances and buoyed the American church. RACHEL ZOLL (AP)

pollcenter WILL YOU MAKE PLANS TO SEE POPE BENEDICT XVI WHEN HE VISITS WASHINGTON IN 2008? Ⓐ YES Ⓑ NO

WWW.READEXPRESS.COM | VISIT OUR WEB SITE TO CAST YOUR VOTE. FOR MONDAY'S POLL RESULTS, SEE PAGE 36

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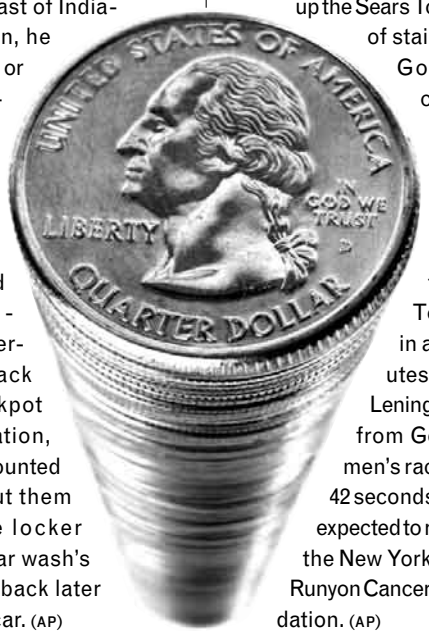
TODAY: Growing increasingly cloudy with afternoon showers likely | 34

eyeOpeners

CHARITY

The Car Wash Just Wants to Give Back

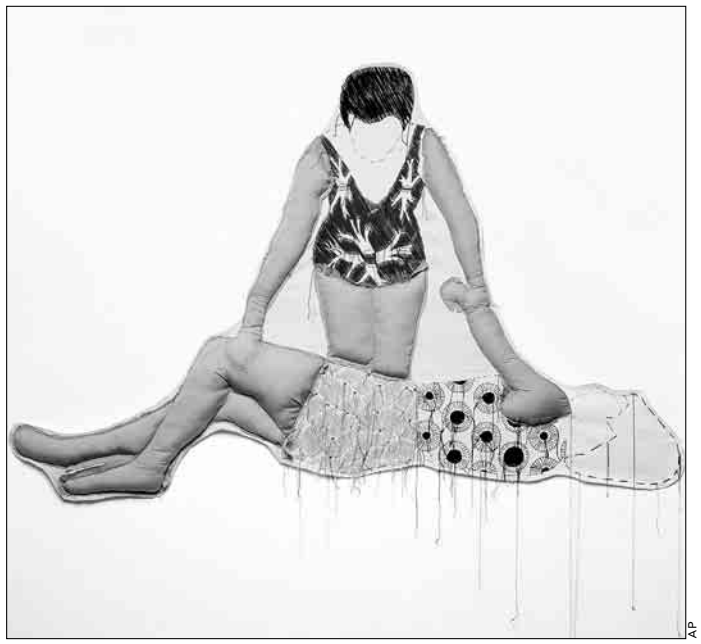
A New Castle, Ind., car wash change machine paid off like a Las Vegas slot for one customer, but he turned over his booty to police. Eldon McCammack put a dollar in the change machine Saturday at the Trojan Car Wash in this city about 40 miles east of Indianapolis. In return, he got 1,042 quarters, or $260.50. McCammack, 71, said he first grabbed a top from a trash can to catch the coins. Another customer found a plastic container for the overflow. McCammack brought the jackpot to the police station, where officers counted the quarters, put them in an evidence locker and called the car wash's owner. He went back later and washed his car. (AP)



GOOD QUALITIES

She'd Never Take the Elevator One Floor

Cindy Harris won the women's division of a race to the top of the nation's tallest building for the sixth straight year Sunday. The 38-year-old has won the race every year it has been in existence. She was among 2,000 people who ran up the Sears Tower's 103 flights of stairs in the annual Go Vertical Chicago. Harris of Indianapolis finished the race up the 2,109 steps from the lobby to the Sears Tower Skydeck in a time of 15 minutes, 1 second. Eric Leninger, a 24-year-old from Geneva, won the men's race in 13 minutes, 42 seconds. The event was expected to raise $350,000 for the New York-based Damon Runyon Cancer Research Foundation. (AP)



AP

MUSEUMS

Your Grandmother, The Public Artist

An emerging cadre of artists is getting radical with needle and thread. A new exhibit at New York's Museum of Arts & Design showcases an edgy reiteration of the craft. In "Pricked: Extreme Embroidery," there are doilies in the shape of viruses like HIV and herpes, embroidered tattoos on a stuffed arm mounted on the wall and a wide-open mouth stitched out of human hair. "It's become very, very trendy," says Diana Rupp, founder of the Make Workshop. "In the past, maybe the fine-art community shied away from using things like knitting and sewing and embroidery, and now I think that it's becoming more and more mainstream, and being accepted by the fine-art and gallery world." (AP)

STRATEGY

Law Enforcement Adopts Tactic of Blind Rock-Throwing

A Helena, Mont., Prerelease Center employee, hearing something rustling in the bushes, threw a rock at a shrub. To his surprise, he heard someone say "Hey, you hit me in the head," said Helena Police Cpl. Bill Tompkins. The rock had hit a 22-year-old escaped convict the center was searching for. The convict was being transferred by bus when he got off at the wrong stop in Helena on Friday. The Helena Prerelease Center brought him from the bus stop to the center, Tompkins said. Hours later, center employees noticed the convict was missing and alerted police, Tompkins said. They later called back saying the convict was hiding in bushes outside the center. Police found the man hiding behind some barrels and took him into custody. (AP)

National Archives Public Program

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ANCIENT MOCHA: Residents of Central America were enjoying chocolate drinks more than 3,000 years ago, a half-millennium earlier than previously thought, new research shows. Archaeologists found cacao residue in pottery used in northern Honduras about 11000 B.C.

Nation

In Brief

MIAMI

FBI Says Nuclear Plant Leak Was Not an Act of Sabotage

A tiny hole in a pipe at a nuclear power plant led to a big investigation over sabotage fears, but authorities have closed the case as an unsolved act of vandalism, the FBI said Monday. An eighth-inch hole was discovered in March 2006 in a pipe that is part of the cooling system at the Turkey Point power plant, operated by Florida Power & Light. (AP)

MILWAUKEE

Nun Pleads No Contest To Indecent Encounters

A 79-year-old Roman Catholic nun pleaded no contest Monday to indecent behavior with a child for alleged sexual encounters with two male students at a church convent and school where she was principal during the 1960s. The nun, Norma Giannini, faces a maximum 10 years on each of the two counts. (AP)

HEARSAY | POLITICS

"I was pro-life on every, every vote. I assure you, what I'm saying today is what I said in 1994 [and in] 1996."

—**FRED THOMPSON**, REPUBLICAN PRESIDENTIAL CANDIDATE, SPEAKING MONDAY AFTER WINNING AN ENDORSEMENT FROM THE NATIONAL RIGHT TO LIFE COMMITTEE.

Judge Rules Against White House

Bush officials ordered to save backup tapes that contain e-mails

WASHINGTON | A federal judge on Monday ordered the White House to preserve copies of all its e-mails, a decision that Bush administration lawyers had argued strongly against.

U.S. District Judge Henry Kennedy directed the Executive Office of the President to safeguard the material in response to two lawsuits that seek to determine whether the White House has destroyed e-mails in violation of federal law.

The White House is seeking dismissal of the lawsuits brought by two private groups — Citizens for Responsibility and Ethics in Government and the National Security Archive.

The organizations allege the disappearance of 5 million White House e-mails. The court order issued by Kennedy, an appointee of President Clinton, is directed at maintaining backup tapes that contain copies of White House e-mails.

The Federal Records Act details strict standards prohibiting the destruction of government documents including electronic messages, unless first approved by the archivist of the United States.

Justice Department lawyers had urged the courts to accept a proposed White House declaration promising to preserve all backup tapes.

"The judge decided that wasn't enough," said Anne Weismann, an attorney for CREW. PETE YOST (AP)

ON THE RECORD

- CREW and the National Security Archive are trying to force the White House to explain in court what happened to e-mails that may have been lost.
- The White House has said that its Office of Administration is looking into whether there are e-mails that were not automatically archived and that if there is a problem, the necessary steps will be taken to address it.

BOSTON | DRAMATIC RESCUE

JOHN CETRINO/AP

LADDER TO SAFETY: Boston firefighters Michael Johnson, pointing, and Joe O'Connor are evacuated from the roof of a triple-decker house fire on Monday. At least 14 people were injured in the three-alarm blaze. Some victims jumped or fell from second- and third-floor balconies, according to Boston Emergency Medical Services chief Richard Serino.

Calif. Oil Spill Captain Barely Felt Collision

SAN FRANCISCO | A harbor pilot under investigation in San Francisco Bay's biggest oil spill in two decades believed the damage to his ship was minor, radioing that the vessel had just "touched" the Bay Bridge, his lawyer said Monday.

In fact, Wednesday's collision ripped a gash in the fuel tank of the Hong Kong-based Cosco Busan, unleashing 58,000 gallons of thick, toxic fuel oil that was still being cleaned up.

Captain John Cota "has told me you could hardly feel anything on the ship and he must have assumed from that that there wasn't much damage," attorney John Meadows said. (AP)

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WHEN: Saturday, November 17, 2007

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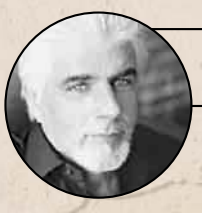

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43 | **The percentage of parents** who say they refuse to play computer and video games with their children, according to a poll by The Associated Press and AOL Games.

Nation

ADHD May Be Biological

Scans link disorder to slow development in parts of the brain

WASHINGTON | Crucial parts of the brains of children with attention-deficit hyperactivity disorder develop more slowly than other youngsters' brains, a phenomenon that earlier brain-imaging research missed, a new study says.

Developing more slowly in ADHD youngsters — the lag can be as much as three years — are brain regions that suppress inappropriate actions and thoughts, focus attention, remember things from moment to moment, work for reward and control movement. That was the finding of researchers, led by Dr. Philip Shaw of the National Institute of Mental Health, who reported the most detailed study yet on this problem in Monday's online edition of Proceedings of the National Academy of Sciences.

"Finding a normal pattern of cortex maturation, albeit delayed, in children with ADHD should be reassuring to families and could help to explain why many youth eventually seem to grow out of the disorder," Shaw said.

Dr. Louis J. Kraus, chief of child psychiatry at Rush University Medical Center in Chicago, said, "What is really important about this study is it shows us there is clearly something biologically driven for children with ADHD."

Kraus, who was not part of the research team, said that with this finding, no one can argue that children are making it up. "We don't know what the meaning is yet — whether it would change any type of treatment — but it is showing that there is something biologically different." RANDOLPH E. SCHMID (AP)

PREMATURE TESTING

➜ Researchers said it is important that parents don't immediately go get some type of MRI of their child's brain, because brain imaging cannot yet diagnose ADHD.

➜ Between 3 percent and 5 percent of school-age children are thought to have attention-deficit hyperactivity disorder.

MARCEL BIERI/AP

Former Vice President Al Gore is joining a prestigious venture capital firm and will lead an environmental investing effort.

Gore Takes Activism to Silicon Valley

Former vice president accepts position with venture capital firm

SAN FRANCISCO | Al Gore announced Monday he's joining Silicon Valley's most prestigious venture capital firm to help the private sector take on global warming, and perhaps make himself some money.

The Nobel Peace Prize winner and former vice president joins Kleiner Perkins Caufield & Byers as it and dozens of other venture firms headquartered in Silicon Valley expand beyond software, computer hardware, the Internet and biotechnology to so-called "clean-tech" investments worldwide.

Gore said political systems can appear to move "at a snail's pace."

"But when it crosses a tipping point, it can move at lightning speed. We're feeling that gear shift occur right now, and ... we want to make sure the markets have the information and analytic systems in place to move at lightning speed," Gore said.

Gore promised to donate 100 percent of his salary as a Kleiner Perkins partner to the Alliance for Climate Protection, the Palo Alto-based think tank he founded.

The donation does not include stock options. Typically, a tiny fraction of a venture capitalist's compensation is salary. RACHEL KONRAD (AP)

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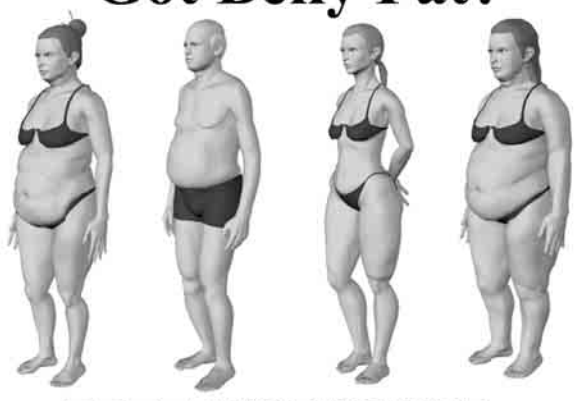

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Nation

Finnish Gunman Talked to Pa. Teen

Boy says he and shooter met online, discussed '99 Columbine attack

PHILADELPHIA | A teenager who admitted plotting a school attack near Philadelphia had chatted online about the Columbine massacre with a teenage outcast who later killed eight people and himself in a high school shooting in Finland, the Pennsylvania boy's attorney said Monday.

But the teen was "horrified" when he found out about the Finnish attack and said he never would have suspected him of following through on a violent act, the attorney said.

Finnish police said material seized from the computer of Pekka-Eric Auvinen suggests the 18-year-old had communicated online with Dillon Cossey, 14, who was arrested in October for allegedly preparing an attack at Plymouth Whitemarsh High School in suburban Philadelphia.

Cossey's attorney, J. David Farrell, said he showed Auvinen's online screen name to his client Monday, and Cossey said he rememebered talking with him about video games and the 1999 Columbine massacre in Colorado.

Detectives were running the name of the Finnish shooter through the computer seized from Cossey.

"We had heard when we first got this guy that he had contacted other people through Web sites," Plymouth Township Deputy Chief Joe Lawrence said. "We wouldn't be shocked by it." PATRICK WALTERS (AP)

BRADLEY C. BOWER/FILE AP

Dillon Cossey was arrested for plotting a school attack near Philadelphia.

LOS ANGELES | CHILD LABOR

RIC FRANCIS/AP

YOUNG ACTIVISTS: Zach Tinker, 13, left, and other children of Hollywood writers join their parents on the picket lines and encourage passing drivers to honk in support of the strike on Monday outside of Fox's studios.

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AS HEARD ON PAUL HARVEY NEWS

Famous EdenPURE® portable heater that can cut your heating bill up to 50% is now much better

Heats a large room in minutes with even heat wall to wall and floor to ceiling

Does not get hot, cannot start a fire and will not reduce humidity or oxygen

RECORD HEATING BILLS PREDICTED BY FEDERAL GOVERNMENT THIS YEAR

By John Whitehead, Media Services

The famous infrared portable heater, the EdenPURE®, which can cut your heating bills by up to 50%, has been greatly improved.

The new heater heats better, faster, saves more on heating bills and runs almost silent.

The federal government has recently reported that winter heating bills are expected to reach a record this year. For some people, heating bills will increase up to 30% compared to last year.

You have probably heard about the remarkable EdenPURE® as heard on Paul Harvey News and on television features across the nation.

The EdenPURE® can pay for itself in a matter of weeks and then start putting a great deal of extra money in your pocket after that.

And that's just the start of the benefits for the new EdenPURE® Quartz Infrared Portable Heater.

A major cause of residential fires in the United States is portable heaters. But the EdenPURE® cannot cause a fire. That is because the quartz infrared heating element never gets to a temperature that can ignite anything.

The outside of the EdenPURE® only gets warm to the touch so that it will not burn children or pets. Pets can sleep on it when it is operating without harm.

The EdenPURE® will also make you healthier. That is because, unlike other heating sources, it will not reduce humidity or oxygen in the room. Typical heating sources reduce humidity which dries out your sinuses, makes you more susceptible to disease and makes your skin dry. With other heating sources, you'll notice that you get sleepy when the heat comes on because they are burning up oxygen.

The advanced space-age EdenPURE® Quartz Infrared Portable Heater also heats the room evenly, wall-to-wall and floor-to-ceiling. Other heating sources heat rooms unevenly with most of the heat concentrated high in the room and to the center of the room. And, as you know, portable heaters only heat an area a few feet around the heater. With the EdenPURE®, the temperature will not vary in any part of the room.

Unlike other heating sources, the EdenPURE® cannot put poisonous carbon monoxide into a room or any type of fumes or any type of harmful radiation.

The new improved models are the Model 1000-XL and the Model 500-XL. See the improvements provided on this page. For more details on the amazing EdenPURE® Quartz Infrared Portable Heater, here is my interview with Julius Toth, Director of Product Development for BioTech Research®.

Q. What is the origin of this amazing heating element in the EdenPURE®?

A. This advanced heating element was discovered accidentally by a man named John Jones. He had a large old farmhouse that was impossible to heat. Jones had a coal furnace in his basement. Jones placed a sheet of cured copper near the furnace to store it. Cured copper is a type of copper that goes through an extensive heating process to give it special properties.

After the fire went out in the coal furnace, Jones noticed that the sheet of copper was heating his entire basement evenly, even though the furnace was no longer putting out heat. He also was amazed as to how long the heat stayed in the copper and continued to warm the room.

Jones was so taken back by this that he started to experiment. He formed a company to develop a heating source out of this cured copper. But Jones had a number of children and he did not want a heating source that would cause a fire or create other hazardous situations like creating carbon monoxide or radiation. He also did not want his children to get burned.

To make a long story short, through a great deal of research and development, Jones developed a heating source that utilized commercial infrared quartz tubes.

Never be cold again

Cannot start a fire; a child or animal can touch or sit on it without harm

Q. What advantages does infrared quartz tube heating source have over other heating source products?

A. John Jones designed his heating source around the three most important consumer benefits: economy, comfort, and safety. The final development of this infrared quartz heat source cannot be matched by any other heating system in the world.

In the EdenPURE® system, electricity is used to generate infrared light which, in turn, creates a very safe heat. Infrared is the safest form of heat because it does not create carbon monoxide or harmful radiation. And, most importantly, infrared heat does not reach a burning temperature.

After a great deal of research and development, very efficient infrared heat chambers were developed that utilize three unique patented solid copper heat exchangers in one EdenPURE® heater. Over 5 years of research, development and real life field testing stand behind this heat source. It has now worked in residential and commercial applications worldwide for over 25 years.

Q. Why is it that this quartz infrared heating source uses less energy to create heat than other sources?

A. Actually, there is more than one reason. One of the primary reasons is that heat at combustion level, which is what all other heat sources use, causes the heat to instantly rise to the ceiling. Therefore, the heat is not evenly distributed, causing a very inefficient and uncomfortable heat source.

The EdenPURE® Quartz Infrared Portable Heater does not use burning heat. Once the heat exchanger absorbs the infrared heat, it exhales the heat into the living area which is carried by the existing humidity in the air. This causes the heat to travel rapidly and evenly throughout a room.

In actual studies, photos using infrared lighting demonstrated that the heat was almost perfectly even from floor-to-ceiling and wall-to-wall. The EdenPURE® Quartz Infrared efficiency is based on the distribution of energized air, not on just fan movement. This heat is coined as "soft heat" due to how comfortable it is.

Q. What are the other disadvantages of combustion heat sources?

A. Heat sources that are above the burning level have many unhealthy side effects. One of these is that it creates dry, irritating indoor air. It also burns a great deal of oxygen in the air. If you remember, when you sit in front of a fireplace or a portable heater or close to a heat source, you will remember yawning. This is because you are not getting enough oxygen.

This dry irritating heat and lack of oxygen dries out sinuses and mucus in the throat, and makes people susceptible to disease. The lack of oxygen causes fatigue.

Also, many combustible heat sources produce carbon monoxide, static cling, and some produce radiation.

Q. So you're saying that children or pets can come up to this unit and touch it and not be harmed?

A. That is absolutely correct. As a matter of fact, pets are actually drawn to this heat because it is a natural source of heat, just like the sun heats the earth. Animals are much more instinctive than humans. This heat not only heats the air, but it also heats the objects in the room. It is a perfectly balanced heat.

Q. How can a person cut their heating bill by up to 50% with the EdenPURE®?

A. First, the EdenPURE® uses less energy to create heat than other sources, but that is just part of why it will cut a person's heating bill. The EdenPURE® will heat a room in minutes. Therefore, you can turn the heat down in your house to as low as 50 degrees, but the room you are occupying, which has the EdenPURE®, will be warm and comfortable. The EdenPURE® is portable. When you move to another room, it will quickly heat that room also. This can drastically cut heating bills, in some instances, by up to 50%.

Q. I also understand that the EdenPURE® produces clean fresh air without furnace filters. How can it do that?

A. A furnace generates a lot of dust due to the combustion. By lowering the furnace temperature, you are using your furnace less and therefore reducing the requirement for the furnace filters. Also, when there's no combustion, there are no harmful fumes.

Q. So, the EdenPURE® is totally safe to use?

A. It absolutely is. The EdenPURE® has zero clearance, which means you can push it up against the wall or furniture without risk of fire. Tests prove the unit does not transmit any energy into the atmosphere that will burn or harm anyone regardless of distance between the person and the EdenPURE®.

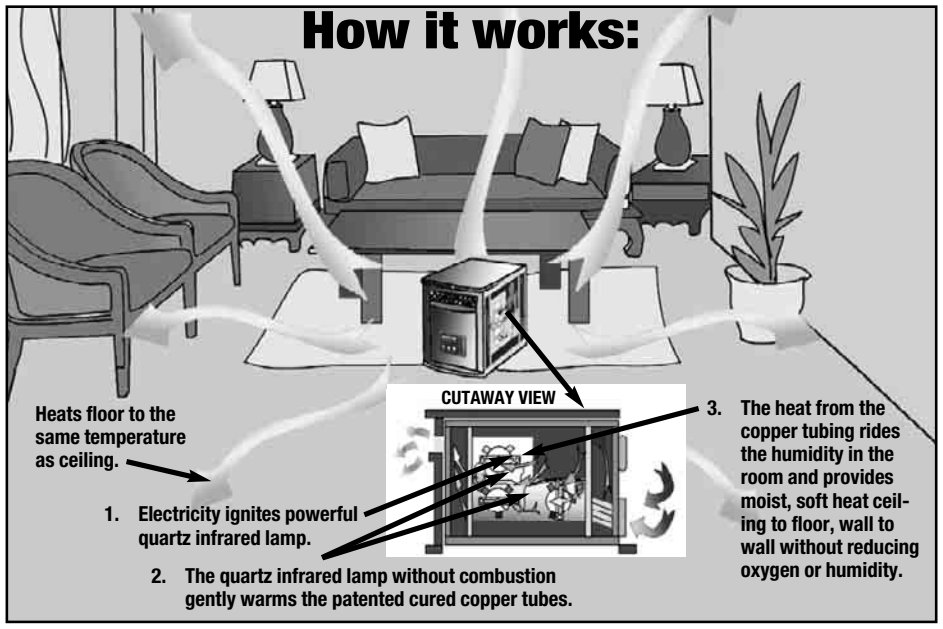
The EdenPURE® will pay for itself in weeks. It will put a great deal of extra money in a users pocket. Because of today's spiraling gas, oil, propane, and other energy costs, the EdenPURE® will provide even greater savings as the time goes by.

The EdenPURE® heater is now greatly improved. The EdenPURE® comes in 2 models. Model 500-XL heats a room up to 300 square feet and Model 1000-XL heats a room up to 1,000 square feet.

End of interview.

Readers who wish can obtain the EdenPURE® Quartz Infrared Portable Heater at a $75 discount if they order in the next 10 days. Please see the Special Reader's Discount Coupon on this page. For those readers ordering after 10 days from the date of this publication, we reserve the right to either accept or reject order requests at the discounted price.

How it works:



New Model Improvements

1) The XL runs very much quieter. This type of super efficient fan system produces what is termed white noise which blends into a home atmosphere and becomes virtually inaudible. You now have to put your ear next to the heater to hear it operate. In addition to quieter the new fan blades are able to generate higher pressure air flow which pushes the warmer air out further into the room.

2) The XL heats better. The XL thermostat has been vastly improved so that it operates within a tighter range of degrees. The previous model used a mechanical thermostat which could produce a 6 degree variance in heat. This could be uncomfortable especially for the more heat sensitive elderly. The XL's electronic thermostat does not only eliminate the problems of a mechanical thermostat, but it is set to a much tighter tolerance. This will promote an extremely more comfortable even stable heat.

3) The 1000-XL features digital controls. It has a simple 3 large button control which turns the unit on, and you set the comfort level that you want which reads out on the front of the unit. It also has a remote control so you can adjust the comfort level without getting up.

4) The 500-XL has a single on/off switch and adjustable digital thermostat.

5) The XL is much more reliable. The thermostat and electronics are all solid state and the infrared bulbs are greatly improved to last for a very long time.

SPECIAL READER'S DISCOUNT COUPON

The price of the EdenPURE® Model 500-XL is $372 plus $17 shipping for a total of $389 delivered. The Model 1000-XL is $472 plus $27 shipping and handling for a total of $499 delivered. People reading this publication get a $75 discount with this coupon and pay only $297 delivered for the Model 500-XL and $397 delivered for the Model 1000-XL if you order within 10 days. The EdenPURE® comes in the decorator color of black with burled wood accent which goes with any decor. There is a strict limit of 3 units at the discount price - no exceptions please.

Check below which model and number you want:

☐ Model 500-XL, number _____ ☐ Model 1000-XL, number _____

- To order by phone, call TOLL FREE **1-800-588-5608 Ext. EPH6093**. Place your order by using your credit card. Operators are on duty Monday - Friday 6am - 3am, Saturday 7am - 12 Midnight and Sunday 7am - 11pm, EST.
- To order online, log on to www.edenpure.com
- To order by mail, by check or credit card, fill out and mail in this coupon.

This product carries a 60-day satisfaction guarantee. If you are not totally satisfied, your purchase price will be refunded. No questions asked. There is also a one year warranty.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

Check below to get discount:

☐ I am ordering within 10 days of the date of this publication, therefore I get a $75 discount and my price is only $297 for Model 500-XL and $397 for Model 1000-XL delivered.

☐ I am ordering past 10 days of the date of this publication, therefore I pay shipping and handling and full price totaling $389 for Model 500-XL and $499 for Model 1000-XL.

Enclosed is $_____ in: ☐ Cash ☐ Check ☐ Money Order

(Make check payable to BioTech Research) or charge my:

☐ VISA ☐ MasterCard ☐ Am. Exp./Optima ☐ Discover/Novus

Account No. _____ Exp. Date ____/____

Signature _____

MAIL TO: BioTech Research Dept. EPH6093, 7800 Whipple Ave. N.W., Canton, OH 44767

World

LANGUAGE BARRIER: The Libyan government abruptly denied entry to tourists without an Arabic translation of their passports Monday. The change, which was not officially announced, makes Libya the only country in the Middle East to demand Arabic translations for foreign passports.

Bhutto Under House Arrest Again

Former PM still plans to lead protest march despite her detention

LAHORE, PAKISTAN | Opposition leader Benazir Bhutto was placed under house arrest for the second time in four days to prevent her staging a march on Tuesday to protest emergency rule, police said. A close aide to the former prime minister said she would try to lead the 185-mile procession anyway.

The showdown intensified the political crisis engulfing Pakistan and further clouded the prospect of a pro-U.S. alliance against rising Islamic extremism forming between Bhutto and President Gen. Pervez Musharraf.

Bhutto

Bhutto's aide, Sen. Safdar Abbasi, said the seven-day detention order was not binding because neither Bhutto nor one of her representatives had been served with the document. Aftab Cheema, the chief of operations of Lahore city police, said that a Bhutto representative had received the order issued by the government of Punjab province, where Bhutto has been staying.

"She has been detained, and she won't be allowed to come out," Cheema said.

He said about 600 police had been deployed around the house in Lahore and additional forces could be sent later Tuesday, when Bhutto was due to commence her procession to the capital, Islamabad.

A series of three steel-and-barbed wire barricades were erected around the house Monday and sharpshooters took up positions on surrounding rooftops.

The protest caravan was meant to pressure Musharraf to end the state of emergency he imposed on Nov. 3 and give up his post as army chief. It had been expected to take about three days, and Bhutto's party said thousands of supporters were expected to join en route. ZARAR KHAN (AP)

ABID KATIB/GETTY IMAGES

A rally for Yasser Arafat ended in mayhem Monday. At least seven were killed.

7 Killed in Fatah Rally For Arafat

Hamas opens fire on rival faction honoring death of former leader

GAZA CITY, GAZA STRIP | A rally of more than 250,000 Fatah supporters ended in mayhem Monday, with Hamas police opening fire and protesters hurling rocks or running for cover. Seven civilians were killed and dozens were wounded in the violence between Palestinian factions.

The demonstration in a Gaza City square, marking the 2004 death of iconic Palestinian leader Yasser Arafat, posed the strongest challenge to Hamas rule in Gaza since the Islamic militant group seized the impoverished territory by force in June. The images of Hamas policemen facing off against large groups of rock-throwers challenged Hamas' claim that it has established tight control.

Fatah's unexpected show of strength was also its most persuasive argument that its leader, President Mahmoud Abbas, has a mandate to renew peacemaking with Israel at a U.S.-hosted Mideast conference later this month.

Hamas spokesman Sami Abu Zuhri held Fatah responsible for the violence, saying Fatah gunmen had been posted on high-rise buildings overlooking the rally to shoot at Hamas police officers as a planned provocation. IBRAHIM BARZAK (AP)

In Brief

BAGHDAD

Private Security Officer Kills Iraqi Taxi Driver

A private security guard fatally shot an Iraqi taxi driver, Iraqi officials said Monday, in the latest incident involving what Iraqis believe are unprovoked killings by contractors hired to protect Americans. A spokesman for DynCorps International, a Falls Church, Va.-based company, said one of its security teams opened fire Saturday to disable a vehicle in Baghdad after it approached a convoy in a threatening manner. (AP)

TBILISI, GEORGIA

U.S. Envoy Calls for End to Emergency Rule in Georgia

A U.S. diplomat urged the government of this former Soviet republic Monday to "restore the momentum of democratic reform" by immediately lifting a state of emergency and freeing all television stations to broadcast the news. The tough message from Deputy Assistant Secretary of State Matthew J. Bryza reflected concern in Washington over the steps taken by Georgia's U.S.-friendly president to crush anti-government demonstrations last week. Speaking to reporters after meeting with Prime Minister Zurab Nogaideli, Bryza said he was given the impression the Georgian government was moving toward lifting the state of emergency "quite quickly." (AP)

LONDON | FIRE ERUPTS AT FUTURE OLYMPICS SITE

ALASTAIR GRANT/AP

SMOKY SCENE: Billows of gray smoke from a fire in eastern London drift across the city skyline Monday. The fire was located in a warehouse within the construction site for the 2012 Olympics and was visible across the British capital.

Italy Suspects Officer in Fan Death

ROME | A police officer was placed under investigation Monday for possible manslaughter in the shooting death of a soccer fan that provoked riots across Italy.

Authorities detained four people Monday for taking part in the violence in Rome, where angry fans attacked a police barracks near the stadium and the building housing the Italian Olympic Committee.

Gabriele Sandri, a 26-year-old disc jockey from Rome, died after getting hit in the neck by a bullet while sitting in a car. Police said an officer fired shots to disperse a scuffle at a highway rest stop in Tuscany.

Police have called the man's death a "tragic error" and the exact circumstances surrounding it remain unclear.

The policeman who fired the shot was put under investigation by magistrates in Arezzo, a Tuscan town about 125 miles north of Rome where Sandri died.

"For now he is under investigation for manslaughter," Arezzo police chief Vincenzo Giacobbe said, adding that the charges could become more severe. (AP)

FLYING PALACE: In the annals of excess, it could be a new high: Airbus SAS is building a more-than $300 million dollar, super-sized luxury airplane, outfitted solely for the private comfort of Saudi Prince Alwaleed bin Talal.

30,000 Birds Die in Russia Oil Spill

Ecological catastrophe feared after huge storm causes tanker accident

PORT KAVKAZ, RUSSIA | More than 30,000 birds and countless fish have been killed in an "ecological catastrophe" wrought by thousands of tons of oil from a tanker that broke apart in a heavy storm near the Black Sea, the governor of the region said Monday.

Birds weighed down by thick coatings of the fuel oil hopped weakly along the shore or sat helplessly in the sand. Workers with pitchforks and shovels started the back-breaking labor of gathering up vast clumps of oil mixed with sand and seaweed.

The tanker was one of up to 10 ships that sank or ran aground in the storm Sunday in the strait connecting the Black and Azov seas. The bodies of three sailors from a freighter that also broke apart washed up on shore Monday, and rescuers were looking for five missing crewmen, said Emergency Situations Ministry spokesman Sergei Kozhemyaka.

The spill was seen as potentially the worst environmental disaster in the region in recent years. It prompted criticism that many Russian tankers aren't seaworthy.

"Some 30,000 birds have died, and it's not possible to count how many fish. The damages are so great that it's hard to assess. It can be equated with an ecological catastrophe," said Alexander Tkachev, the governor of the Krasnodar region, according to the Interfax news agency. MASHA STROMOVA (AP)

ALEXANDER NEMENOV/AFP/GETTY IMAGES

A bird covered in oil sits on the Black Sea shore in Port Kavkaz Monday. A Russian tanker spill, caused by a heavy storm, killed countless fish and 30,000 birds .

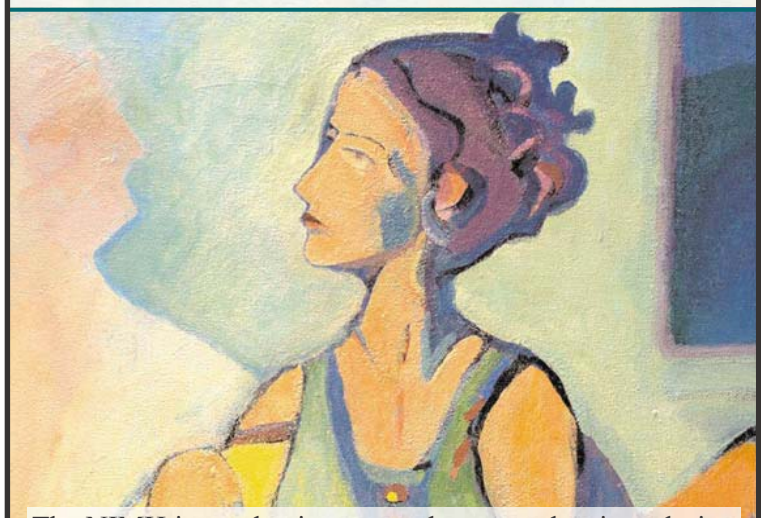
China Creates Database of Olympic Writers

BEIJING | The Chinese government has created profiles on thousands of foreign journalists coming to report on next summer's Beijing Olympics and is gathering information on thousands more to put into a database, a top official said in comments published Monday.

The profiles appeared to undermine promises made by Chinese leaders in 2001, when they bid for the games, that the event would lead to greater media freedoms.

The database with information on the 28,000 foreign journalists expected for the Olympics would be a reference for interview subjects, designed to protect them from being tricked or blackmailed by "fake reporters," said Liu Binjie, a minister in China's government. (AP)

Midlife, menopause, and mood swings got you down? Call us up and help yourself while helping others.



The NIMH is conducting research on mood swings during the menopause transition. If you would like to learn more about these NIMH studies, please call **301-496-9576**. We look forward to speaking with you.

Midlife & Menopause Studies at The National Institute of Mental Health

301-496-9576

(TTY: 1-866-411-1010)

http://patientinfo.nimh.nih.gov or for other studies: www.clinicaltrials.gov

The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services
NIMH National Institute of Mental Health

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$15,998*
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mazda

Money

WHY TURKEYS DON'T FLY: The airline industry is urging Thanksgiving travelers to get to the airport extra-early this year and to expect longer-than-usual lines at security checkpoints, due to an anticipated 4 percent jump in passenger traffic.

IBM to Purchase Cognos for $5B

Company makes big move to keep up with business software

BOSTON | IBM Corp. is making its largest acquisition ever, a deal announced Monday to buy Cognos Inc. for $5 billion in cash in hopes of keeping up with rivals in "business intelligence" software.

The acquisition would follow similar moves in the same market this year. SAP AG recently linked up with Business Objects SA for $7 billion, and Oracle Corp. grabbed Hyperion Solutions Corp. for $3.3 billion. Cognos shares had soared recently on expectations that it, too, would be acquired.

Business-intelligence software helps big organizations gather data in "dashboards" that can be used to model such things as the financial impact of staffing changes or marketing moves. Because that capability meshes with other things business software does, big vendors like SAP, Oracle and IBM have moved to include business-intelligence applications in their product packages.

But their challenge will be to technically integrate business-intelligence offerings in a way that is easier and less expensive for customers. David O'Connell, a senior analyst with Nucleus Research, said he was skeptical that will happen with IBM and Cognos. "I'm not sure it will become more than a bolt-on," he said. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Levitt	2.30	+.46	+25.0
CBRE Rlt	4.94	+.93	+23.2
IntPoly	3.49	+.59	+20.3
ImperCapB	22.01	+3.40	+18.3
HavertyA	9.84	+1.34	+15.8

Losers

ACA Cap	2.11	-.88	-29.4
QuebWrld	5.21	-1.34	-20.5
TerraNitro	89.01	-17.37	-16.3
ShawGrp	61.11	-10.34	-14.5
CF Inds	79.99	-13.25	-14.2

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Amerityre	2.85	+.75	+35.7
Globeco	15.31	+3.05	+24.9
RAM Hldgs	7.13	+1.15	+19.2
LOUD	7.05	+1.05	+17.5
Iomai	1.63	-.07	-4.1

Losers

ETrade	3.55	-5.04	-58.7
Fuwei n h	3.11	-1.57	-33.5
TBS IntlA	42.22	-11.06	-20.8
BasinWtr	9.90	-2.36	-19.2
ChinaTDv lf	6.41	-1.47	-18.7

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	7.50	7.50
Fed Funds close	4.50	4.25
3-month disc	3.17	3.55
2-year	3.41	3.65
10-year	4.22	4.31
30-year	4.60	4.61

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.4856	.4783	.5232
Canadian Dollar	.9645	.9415	1.1314
European Euro	.6871	.6815	.7784
Japanese Yen	110.05	111.07	117.62
Mexican Peso	10.9139	10.8781	10.9180
Taiwanese Dollar	32.39	32.38	32.78

DOW	NASDAQ	S&P 500
-55.19	-43.81	-14.52
-0.42	-1.67	-1.00
12987.55	2584.13	1439.18

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	54.50	+.22	-20.2
Amylin	40.21	+.43	+11.5
BiogenIdc	69.88	-2.41	+42.1
Celgene	62.28	-.61	+8.3
ChRvLab	60.42	-.78	+39.7
GenProbe	63.60	+.64	+21.4
Genentch	74.33	-.76	-8.4
Genzyme	69.92	+1.03	+13.5
GileadSci s	42.56	-1.01	+31.1
Imclone	43.26	-.04	+61.7
Invitrogn	88.47	-2.15	+56.3
MillPhar	13.55	+.19	+24.3
OnyxPh	56.79	+.29	+436.8
QIAGEN	20.99	-.58	+38.7
VertxPh	26.06	+.64	-30.4

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Dependent Care FSA
- Non-medical care for:
  - Children under the age of 13
  - Any person you claim as a dependent on your Federal Income Tax return who is mentally or physically incapable of self-care
- Includes:
  - Child care at a daycare center, day camp, sports camp, nursery school or private sitter
  - Before and after-school care
  - Adult daycare expenses
  - Expenses for housekeeper whose duties include caring for an eligible dependent

Health Care FSA
- Over-the-counter medicines like cold remedies
- Co-payments, co-insurance and deductibles
- Prescription drugs
- Psychiatric services and care
- Vision and dental care
- Sunscreen

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Local

Derailment Concerns D.C.

Officials say accident underscores need for freight train rerouting

WASHINGTON | As workers prepared to pull derailed freight cars out of the Anacostia River on Monday, officials shuddered at the thought of what might have happened had the train been carrying something more dangerous than coal.

About seven CSX rail cars fell off a bridge less than 3 miles from the Capitol on Friday. The accident shone a spotlight on the potential hazards of freight traffic in the nation's capital. Some of the trains traveling through D.C. carry hazardous chemicals such as chlorine — a practice D.C. officials have sought to ban.

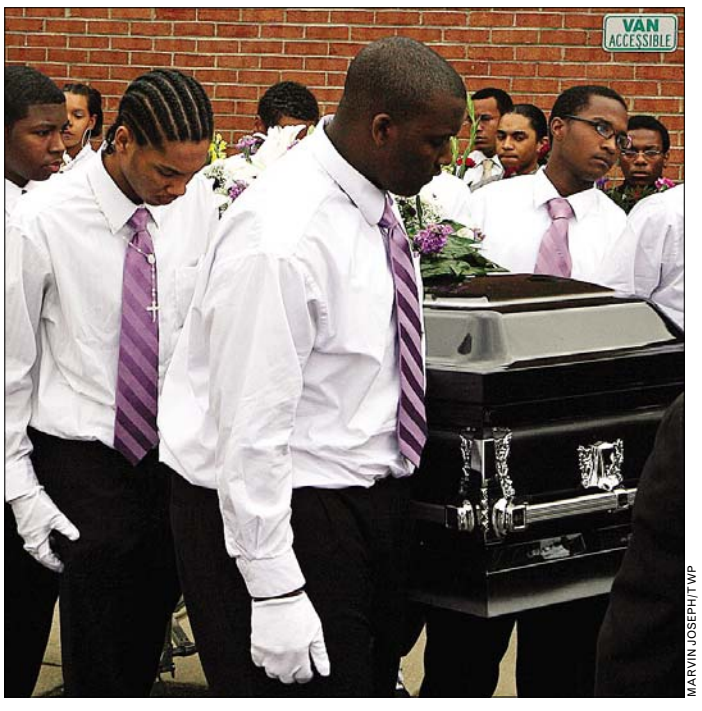
Norton

"We're lucky this time," said D.C. Delegate Eleanor Holmes Norton. D.C. passed a law in 2005 banning hazardous material shipments within 2.2 miles of the Capitol. But that law has not been enforced pending the outcome of a lawsuit by CSX and the federal government, which argues that the D.C. regulations conflict with federal rules.

Meanwhile, the more immediate concern sparked by Friday's derailment was the effect on the Anacostia River, already a severely polluted waterway.

Steven Reynolds, a spokesman for the Anacostia Watershed Society, said the group was collecting water samples to see how well the pollutants had been contained. The society also is concerned about possible side effects of the cleanup. (AP)

LA PLATA, MD. | TEEN CAR ACCIDENT VICTIM BURIED



MARVIN JOSEPH/TWP

HEAVY HEARTS: Friends of Dionnte Swinson served as pallbearers at his funeral on Monday afternoon at the First Baptist Church of La Plata. Swinson and three of his friends were killed when the car they were in spun out of control and was hit broadside by another vehicle on Nov. 6.

Metro Fare Hike Talks To Begin

Officials at Metro have already floated their proposal for fare and fee increases to take effect next year. Now, riders get to respond.

Starting Tuesday night, the transit agency will host a series of public hearings to discuss the hikes, which are aimed at raising $109 million to help close a gap in next year's budget. Tuesday's meeting starts at 7 p.m. at the Bechtel Conference Center at 1801 Alexander Bell Drive in Reston, Va.

Rush-hour rail riders would feel the biggest pinch under the current proposal: The minimum fare would rise 30 cents to $1.65; the maximum would go up 80 cents to $4.80. Metro parking garages would also see price hikes. MICHAEL GRASS (EXPRESS)

To get a full schedule of Metro's public hearings, visit **readexpress.com**

HEARSAY | GUNS

"We cannot allow the proliferation of guns to continue like [it's] continuing."

—W. GERALD MASSENGILL
FORMER VA. STATE SUPERINTENDENT, SPEAKING AT A VA. CENTER FOR PUBLIC SAFETY MEETING ON THE U.S. FIREARM CULTURE.

The Lotteries

Monday, Nov. 12

DISTRICT	
Mid-day Lucky Numbers	4-9-5
Mid-day DC 4	6-5-5-7

MARYLAND	
Mid-day Pick 3	8-3-1
Mid-day Pick 4	4-2-8-2

VIRGINIA	
Mid-day Pick 3	3-4-0
Evening Pick 3 (Sun.)	6-4-8
Mid-day Pick 4	1-8-0-9
Evening Pick 4 (Sun.)	2-7-8-0
Mid-day Cash 5	6-12-17-18-22
Evening Cash 5 (Sun.)	2-10-13-21-23

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Do You Have Type 2 Diabetes?

If you have Type 2 Diabetes, you may qualify to participate in a paid market research study being held in Bethesda, MD. There will be no sales efforts or clinical trials involved. All personal information will be confidential. If you are interested, call **(301) 215-7248** and ask for **Doris**.

Herniated Disc?

Washington, DC - Most people have no idea what to do when they suffer back pain or leg pain from a herniated disc. They use heat, ice, sleep on the floor, stretch, do exercises, and even take pain pills hoping their pain will go away. If you suffer back or leg pain from a herniated disc, don't even think about calling another doctor until you read this newly released FREE report that details the successful treatment of debilitating back pain without drugs, shots, or surgery. If you are sick and tired of suffering, are tired of the medical runaround, and most of all, don't want surgery... call for your free report entitled, "The Severe Back, Sciatica, And Disc Pain Guide" Call **1-800-789-8994** for the toll free 24-hour recorded message. Supplies are limited. If the phone lines are busy visit: **www.discPainInfo.com**

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- Meet criteria to donate blood

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AS PART OF THE STUDY
- Volunteers will receive up to 4 doses (one or two injections) of an investigational vaccine against avian influenza into the muscle one month apart
- Volunteers must be willing to donate plasma by plasmapheresis (a standard type of blood donation performed in the blood bank)
- Volunteers will be compensated

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Entertainment

LIFE AIN'T FAIR: The Academy may need to re-examine its guidelines for admission of foreign-language films into the Oscar race. Due to rulebook minutiae, films like Ang Lee's "Lust Caution" are not eligible for the prestigious prize.

Love's Sworn Enemy

Social status trumps affection in 'Love in the Time of Cholera'

MARQUEZ | Benjamin Bratt has just wrapped production on a miniseries remake of "The Andromeda Strain," in which he plays a scientist trying to save the planet from a deadly virus from outer space.

The tall, dark and handsome 43-year-old is no stranger to playing dashing heroes, but every now and then he likes to shake things up. In "Love in the Time of Cholera," opening Friday and based on the best-selling Gabriel Garcia Marquez novel, he stars as the man who stands between two would-be lovers.

Bratt doesn't consider his character the villain of the piece. On the contrary, his Dr. Urbino is an upstanding and respected member of the community, which is suffering from outbreaks of deadly cholera. He also is the dutiful husband of Fermina, a beautiful local who happens to be the object of undying affection from another man, Florentino.

Spain's Javier Bardem ("Before Night Falls") plays Florentino, while Italian actress Giovanna Mezzogiorno plays the unforgettable Fermina in this romantic tale set in Colombia. The epic movie is told in English, though the performers speak with Spanish accents.

DANIEL DAZA

DESIRE IS BLIND: Despite Urbino's (Benjamin Bratt) dashing ways, Fermina is drawn to a man of a lower social class.

Bratt says it was tricky playing Urbino because the character is supposed to be the epitome of perfection. He's a charming and attractive aristocrat who wins the hand of Fermina after her father forbids her to marry the socially inferior Florentino.

"He has an appreciation for music, literature and languages and, my God, he's a true Renaissance man," says Bratt of his character. "That's a pretty tall order to fill as an actor, to play someone who apparently is perfect. I'm certainly not an aristocrat, or any of those other things that he is, so physically I had to transform myself."

> **Bratt stars as the man who stands between a would-be couple.**

Though outwardly he appears perfect, Urbino has some weaknesses. After he is caught cheating on his wife, Urbino has to win back her love. Their marriage, at the outset is based more on convenience than love, but during the next several decades, their feelings for one another deepen. Bratt says he appreciates this realistic approach taken by Garcia Marquez and screenwriter Ronald Harwood ("The Pianist"), who adapted the book.

"In our pursuit of happiness and love, we often mistake those entities as the same, but in fact they're not," he says. ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

Today's Top Stops

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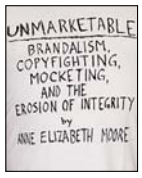
ANNE ELIZABETH MOORE

Damn the Man



1 Alison Elizabeth Moore, former editor of "Punk Planet" and little guy advocate, discusses her new book, "Unmarketable: Brandalism, Copyfighting, Mocketing and the Erosion of Integrity," on the struggle of the independent arts market.

→ *Red Onion Records, 1901 18th St. NW; 7 p.m., free; 202-986-2718. (Dupont Circle)*

HELAYNE SEIDMAN/FTWP

EDWARD BURTYNSKY

The Beautiful Wasteland

2 Canadian photographer and artist Edward Burtynsky discusses his life and career tonight at the Corcoran. Burtynsky is known for his sweeping photographs of altered or scarred landscapes.

→ *Corcoran Gallery of Art, 500 17th St. NW; 7 p.m., $20; 202-639-1700. (Farragut North)*

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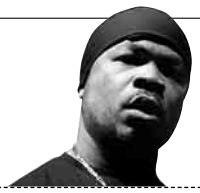


X TO THE Z: Rapper Xzibit has joined the cast of Oliver Stone's Vietnam War drama "Pinkville," which centers on the infamous My Lai massacre of more than 500 people by U.S. soldiers. Xzibit will play a soldier convinced he carried out his orders morally.

Courting Desire

The New Yorker's Thurman covers brainy perversion

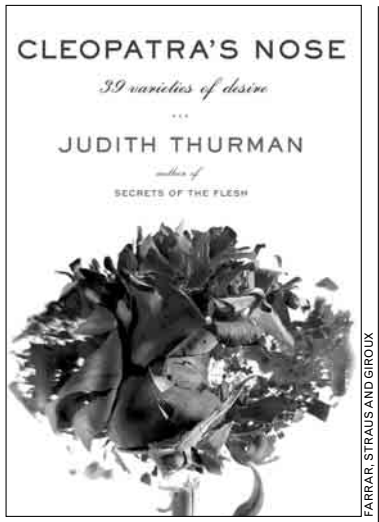
DESIRE | Judith Thurman's new book, "Cleopatra's Nose: 39 Varieties of Desire," will force even those who aced the verbal SAT to reach for a dictionary.

Thurman

But this collection of work originally published in the New Yorker brings together essays that are (of course) wonderfully written, witty, deeply erudite and extremely informative.

Still, "I don't want readers to be put off by the notion that it's a very brainy book," Thurman said. "I think the subjects are serious, but it's written for a general reader — someone who enjoys writing and wants to browse ideas or images. I don't want people to think it's foreboding or too intellectual."

Thurman's pieces address extremely diverse subjects, but "Cleopatra's Nose" will particularly appeal to those interested in learning more about the giants of 20th-century fashion (Chanel, Armani and Saint Laurent, etc.), iconic women (Jackie O, Marie Antoinette, Cleopatra, etc.), literary greats (Gustave Flaubert, Anne Frank, Charlotte Bronte, etc.) and epic eccentrics (Luisa Casati, Edna St. Vincent Millay, etc.).



FARRAR, STRAUS AND GIROUX

readexpress.com

Express contributor Tim Follos spoke with author Judith Thurman about her book. To view their conversation, visit readexpress.com. | ONLINE NOW

Despite the wide-ranging terrain covered by "Cleopatra's Nose," Thurman does see a certain commonality in the people she profiles.

"I gave the book the subtitle '39 Varieties of Desire' because, in some ways, I think desire is a subject in every one of those essays — either desire that is fulfilled or desire that is thwarted, or indulged, or perverted," said the New Yorker staff writer. "There's quite a bit of perversion in the book. And I think that's what all the subjects have in common."

Thurman, also the author of the National Book Award-winner "Isak Dinesen: The Life of a Storyteller," will discuss her latest book tonight at Politics & Prose.

➜ *Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness-UDC)*

MGM

THE HAPPY COUPLE: Robin Wright and Cary Elwes star in "The Princess Bride."

Want a DVD? As You Wish.

DVD | "The Princess Bride" — a Rob Reiner fairy tale that sends its legions of fans into movie-quoting spasms ("As you wish." "Inconceivable!") at the mere mention of its name — also has brought its comedic charms to DVD before.

In honor of its 20th birthday, this time it comes with three new featurettes and a video game that boasts some nicely rendered graphics. The strongest offering on this single disc is "'Princess Bride': The Untold Tales," nine minutes' worth of remembrances from "Princess" cast members Robin Wright Penn, Mandy Patinkin, Christopher Guest and Fred Savage on the making of this 1987 family favorite.

One has to wonder why it was so "inconceivable" for MGM to include some deleted scenes or a more detailed look at the making of this 1987 family favorite. JEN CHANEY (WASHINGTONPOST.COM)

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Entertainment

IT'LL ALWAYS BE ON: "Boston Legal," ABC's hit drama starring Gary Anthony Williams, pictured, James Spader and William Shatner has been cleared by 46 markets covering 50 perce nt of the United States for a fall 2008 launch in syndication.

Dodging Pigeonholes

The edgy, forceful sounds of Arks defy categorization

CHI-TOWN | From the streets of Chicago to the streets of D.C., the up and coming indie rock band Arks is ready to get you grooving at he Velvet Lounge tonight.

Arks, which could sonically pass for Fugazi's Midwestern second cousin, comes at you with relentless, driving guitars and singer Paul Hornschemeier's staccato vocals. The results are haunting. The band arrives in town touring with its first full-length album, "The International."

While the band's post-punk sound could comfortably assimilate into the local hardcore scene, Chicago's a different story.

"We sort of absolutely don't and absolutely do fit into the Chicago scene," Hornschemeier said.

The Chicago music scene, known for bands like Tortoise and the Sea and Cake, purveyors of jazzy and mathy rock, offers a much more diversified, often weirder and edgier sound, which is where Arks finds its place.

"I think a lot of times people don't necessarily know what to do with us," Hornschemeier said. "You sound like, 'Um, uh, ahhh.' And then they give up. They'll hear one song and then the next song isn't anything like that, so they don't really know what to do with it."

COURTESY OF ARKS

MIDWESTERN INDIE: Chicago-based band Arks plays the Velvet Lounge tonight.

It's almost fitting that the band is difficult to categorize, as Hornschemeier himself falls into the same surplus of classifications. When he's not sweating and crooning onstage, the erudite performer lives a second life as a noted cartoonist, with numerous graphic novels to his name, including "The Three Paradoxes" and "Mother, Come Home."

The multitalented artist describes making music as the sanity that gets him out of the house and interacting creatively with other living, breathing people.

"Honestly, doing music is a necessity because cartooning is such an insular activity," Hornschemeier said. "It's still a creative outlet, but it's much more immediate and certainly with the music we do, a fair amount more visceral than the sad sacks that I draw."

In lieu of sad sacks, Hornschemeier compares an Arks show to that vibe you get when you go back home and your big brother is there.

"There's absolutely no pretension," he said. "I think we're a rowdy, probably somewhat drunk big brother that's just going to tease you during the show. Everybody just wants to have a good time."

SCOTT A. ROSENBERG (EXPRESS)

➜ *The Velvet Lounge, 915 U St. NW; 9 p.m., $10; 202-462-3131. (U St.-Cardozo)*

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- You are 30 to 65 years old.
- You have mild to moderately severe hearing loss, with or without tinnitus (ringing in the ears).
- You do not have any serious medical conditions.

Compensation is provided and there is no cost for participation.

Call: 1 -800-411-1222 Email: tinnitus@mail.nih.gov
(TTY: 1-866-411-1010), Refer to Study Number **06-DC-0218**
http://clinicalstudies.info.nih.gov/detail/A_2006-DC-0218.html

Department of Health and Human Services
National Institutes of Health (NIH)
NIH Clinical Center
National Institute on Deafness and Other Communication Disorders

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Oracle 10g Database Administration	Starts November 27
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MSCE Microsoft Certified Systems Engineer	Starts December 3
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Web Design and Development	Starts January 22
Oracle 10g Development	Starts January 26

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AMC Select - Special films for select tastes.

AMC HOFFMAN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

STAR TREK: THE ORIGINAL SERIES - NCM EVENT (NR–NOT RATED) 7:00
AFTER DARK HORRORFEST: CRAZY EIGHTS (R) 4:00
AFTER DARK HORRORFEST: LAKE DEAD (R) 10:00 PM
AFTER DARK HORRORFEST: MULBERRY STREET (R) 8:00
AFTER DARK HORRORFEST: NIGHTMARE MAN (R) 2:00
AFTER DARK HORRORFEST: THE DEATHS OF IAN STONE (R) 6:10
FRED CLAUS (PG) ✓ 1:20, 2:20, 3:00, 4:20, 5:20, 6:00, 7:20, 8:20, 9:00, 10:20
LIONS FOR LAMBS (R) ✓ 1:50, 4:50, 7:15, 9:50
P2 (R) ✓ 2:10, 5:00, 7:50, 10:45
AMERICAN GANGSTER (R) 2:40, 3:20, 4:00, 6:20, 7:00, 7:40, 10:00, 10:30
BEE MOVIE (PG) 1:40, 2:30, 3:40, 4:30, 5:40, 6:30, 7:10, 8:30, 9:20, 10:10
THE MARTIAN CHILD (PG) 1:00, 4:00, 7:00, 9:45
DAN IN REAL LIFE (PG13) 3:10, 5:50, 8:25
SAW IV (R) 1:30, 4:40, 7:30, 9:40, 10:30
30 DAYS OF NIGHT (R) 1:15, 4:10, 10:45
TIM BURTON'S THE NIGHTMARE BEFORE CHRISTMAS IN DISNEY DIGITAL 3D (PG) 2:50, 5:30, 7:45, 9:55
MICHAEL CLAYTON (R) 12:30, 4:05, 7:25, 10:25
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) 2:05, 5:10, 8:10
THE GAME PLAN (PG) 1:10, 4:15, 7:05
THE KINGDOM (R) 10:40 PM

AMC SELECT

BELLA (PG13) 1:05, 3:30, 5:45, 8:15, 10:25
GONE BABY GONE (R) 1:35, 4:25, 7:35, 10:35

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

FRED CLAUS (PG) ✓ 2:30, 3:30, 5:20, 6:30, 8:00
THE MARTIAN CHILD (PG) 3:00, 5:30, 7:50
SAW IV (R) 3:20, 5:50, 8:20
ELIZABETH: THE GOLDEN AGE (PG13) 2:35, 5:10, 7:40

AMC SELECT

THE DARJEELING LIMITED (R) 3:10, 5:40, 8:10
GONE BABY GONE (R) 2:00, 4:50, 7:20
EASTERN PROMISES (R) 2:10, 4:40, 7:10

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

FRED CLAUS (PG) 1:15, 4:10, 7:15, 10:10
P2 (R) 12:20, 2:50, 5:20, 7:50, 10:15
AMERICAN GANGSTER (R) 12:25, 1:45, 2:45, 3:45, 5:05, 6:05, 7:05, 8:45, 9:45
BEE MOVIE (PG) 12:05, 1:30, 2:30, 4:05, 5:00, 6:30, 7:30, 9:00, 10:00
SAW IV (R) 12:30, 3:00, 5:30, 8:00, 10:20
30 DAYS OF NIGHT (R) 1:25, 4:25, 7:25, 10:05
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) 1:05, 2:05, 4:05, 5:05, 6:45, 7:45, 9:40, 10:25
THE GAME PLAN (PG) 12:10, 2:40, 5:10, 7:40, 10:20

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT

NO COUNTRY FOR OLD MEN (R) 1:30, 2:20, 4:10, 4:40, 7:10, 7:40
BEFORE THE DEVIL KNOWS YOU'RE DEAD (R) 1:40, 4:20, 7:20
THE DARJEELING LIMITED (R) 2:10, 4:30, 7:30
LARS AND THE REAL GIRL (PG13) 1:40, 4:20, 7:20
INTO THE WILD (R) 1:50, 4:50, 7:50
LUST, CAUTION (NC-17) 1:30, 4:30, 7:40

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

FRED CLAUS (PG) 2:00, 4:30, 7:10
LIONS FOR LAMBS (R) 1:50, 4:25, 7:30
AMERICAN GANGSTER (R) 2:30, 6:30
BEE MOVIE (PG) 1:55, 4:05, 7:05
MICHAEL CLAYTON (R) 1:40, 4:15, 7:00

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

DIGITAL 3D
TIM BURTON'S THE NIGHTMARE BEFORE CHRISTMAS IN DISNEY DIGITAL 3D (PG) 1:10, 3:15, 5:20, 7:25, 9:25

STAR TREK: THE ORIGINAL SERIES - NCM EVENT (NR–NOT RATED) 7:30
FRED CLAUS (PG) 1:20, 2:50, 4:10, 5:40, 7:00, 8:30, 9:50
LIONS FOR LAMBS (R) 12:50, 3:05, 5:25, 7:45, 10:05
LIONS FOR LAMBS (R) [D] [CC] 12:50, 3:05, 5:25, 7:45, 10:05
AMERICAN GANGSTER (R) 1:00, 2:40, 4:25, 6:10, 8:00, 9:40
BEE MOVIE (PG) 12:55, 2:10, 3:10, 4:30, 5:30, 6:50, 7:50, 9:10, 10:10
THE MARTIAN CHILD (PG) 2:05, 4:35, 7:05
DAN IN REAL LIFE (PG13) 1:45, 4:15, 6:45, 9:15
SAW IV (R) 2:30, 5:00
30 DAYS OF NIGHT (R) 4:40, 9:45
MICHAEL CLAYTON (R) 9:35 PM
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) 1:35, 4:20, 7:15, 9:55
THE GAME PLAN (PG) 1:30, 4:05, 6:55

AMC SELECT

GONE BABY GONE (R) 2:00, 7:10
ACROSS THE UNIVERSE (PG13) 9:30 PM

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

FRED CLAUS (PG) ✓ 1:15, 4:15, 7:00
LIONS FOR LAMBS (R) ✓ 5:30, 8:00
P2 (R) ✓ 5:20, 7:50
AMERICAN GANGSTER (R) 12:45, 2:00, 4:15, 5:40, 7:50, 9:30
BEE MOVIE (PG) 12:30, 2:50, 5:10, 7:30
THE MARTIAN CHILD (PG) 4:30
SAW IV (R) 5:00, 7:40
30 DAYS OF NIGHT (R) 7:20
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) 4:45, 7:30
THE GAME PLAN (PG) 4:35, 7:10

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

DIGITAL 3D
TIM BURTON'S THE NIGHTMARE BEFORE CHRISTMAS IN DISNEY DIGITAL 3D (PG) 1:20, 3:40, 5:45, 7:50, 10:05

FRED CLAUS (PG) ✓ 1:30, 2:30, 4:20, 5:15, 7:10, 7:55, 10:00, 10:35
LIONS FOR LAMBS (R) ✓ 2:10, 4:40, 7:15, 9:40
P2 (R) ✓ 1:15, 3:45, 6:10, 8:40
SAAWARIYA (PG) ✓ 12:55, 4:00, 7:05, 10:10
AMERICAN GANGSTER (R) 1:40, 2:50, 5:10, 6:20, 8:50, 9:50
AMERICAN GANGSTER (R) [D] [CC] 1:40, 5:10, 8:50
BEE MOVIE (PG) 1:00, 2:00, 3:30, 4:30, 5:50, 7:00, 8:05, 9:30, 10:30
THE MARTIAN CHILD (PG) 2:20, 7:25
DAN IN REAL LIFE (PG13) 1:00, 3:20, 5:40, 8:00, 10:15
SAW IV (R) 1:40, 4:05, 6:25, 8:45
30 DAYS OF NIGHT (R) 4:55, 10:25
MICHAEL CLAYTON (R) 1:45, 4:45, 7:35, 10:20
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) 1:35, 4:25, 7:05, 9:45
THE GAME PLAN (PG) 4:50, 10:00

AMC SELECT

BELLA (PG13) 1:50, 4:10, 6:50, 9:20
BEFORE THE DEVIL KNOWS YOU'RE DEAD (R) 1:55, 4:35, 7:30, 10:10
GONE BABY GONE (R) 2:15, 7:40

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

FRED CLAUS (PG) ✓ 2:10, 5:00, 7:45, 10:25
LIONS FOR LAMBS (R) ✓ 2:30, 4:50, 7:15, 9:40
P2 (R) ✓ 2:05, 4:35, 10:10
AMERICAN GANGSTER (R) 1:05, 2:45, 4:35, 6:15, 8:05, 9:50
BEE MOVIE (PG) 1:10, 3:30, 5:50, 8:10, 10:20
THE MARTIAN CHILD (PG) 1:45, 9:10
DAN IN REAL LIFE (PG13) 1:00, 3:20, 5:45, 8:15, 10:30
SAW IV (R) 2:15, 4:45, 7:10, 9:35
RENDITION (R) 1:15, 4:00, 6:50, 9:45
MICHAEL CLAYTON (R) 2:20, 5:10, 8:00, 10:30

AMC SELECT

THE DARJEELING LIMITED (R) 1:45, 4:05, 6:45, 9:20
GONE BABY GONE (R) 2:00, 4:40, 7:20, 10:00
INTO THE WILD (R) 1:00, 4:10, 7:35

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

DIGITAL 3D
TIM BURTON'S THE NIGHTMARE BEFORE CHRISTMAS IN DISNEY DIGITAL 3D (PG) 1:40, 3:50, 5:55, 8:10, 10:20

STAR TREK: THE ORIGINAL SERIES - NCM EVENT (NR–NOT RATED) ✓ 7:30
FRED CLAUS (PG) ✓ 1:15, 2:00, 4:05, 4:55, 6:50, 7:35, 9:50, 10:15
LIONS FOR LAMBS (R) ✓ 2:25, 5:05, 7:25, 9:45
P2 (R) ✓ 2:45, 5:25, 7:45, 10:10
AMERICAN GANGSTER (R) 1:00, 2:30, 3:30, 4:20, 6:00, 7:00, 8:00, 9:40, 10:20
BEE MOVIE (PG) 1:30, 2:40, 4:00, 5:10, 6:30, 7:35, 9:00, 10:00
THE MARTIAN CHILD (PG) 1:50, 4:30, 7:10, 9:45
DAN IN REAL LIFE (PG13) 2:55, 5:20, 7:50, 10:10
SAW IV (R) 2:35, 5:00, 7:25, 10:05
30 DAYS OF NIGHT (R) 2:05, 4:50, 7:30, 10:15
THE COMEBACKS (PG13) 2:10, 4:35
MICHAEL CLAYTON (R) 1:25
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) 1:35, 4:25, 7:15, 10:00
THE GAME PLAN (PG) 1:55, 4:45, 7:20, 9:55
THE KINGDOM (R) 6:55, 9:35

AMC SELECT

GONE BABY GONE (R) 4:40

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL 3D
TIM BURTON'S THE NIGHTMARE BEFORE CHRISTMAS IN DISNEY DIGITAL 3D (PG) 1:25, 3:30, 5:30, 7:40, 9:40

STAR TREK: THE ORIGINAL SERIES - NCM EVENT (NR–NOT RATED) ✓ 7:30
FRED CLAUS (PG) ✓ 1:15, 2:35, 4:05, 5:25, 7:05, 8:10, 9:50, 10:45
LIONS FOR LAMBS (R) ✓ 1:20, 3:35, 5:55, 8:25, 10:45
P2 (R) ✓ 12:50, 3:10, 5:40, 8:15, 10:35
AMERICAN GANGSTER (R) 1:10, 2:55, 4:55, 7:00, 8:50, 10:30
BEE MOVIE (PG) 1:05, 2:10, 3:20, 4:25, 5:35, 7:00, 8:05, 9:20, 10:25
THE MARTIAN CHILD (PG) 1:30, 4:10, 7:10, 9:45
DAN IN REAL LIFE (PG13) 12:55, 3:25, 5:50, 8:20, 10:40
SAW IV (R) 1:00, 3:15, 5:45, 8:00, 10:20
30 DAYS OF NIGHT (R) 4:20, 10:05
RENDITION (R) 1:35, 7:15
MICHAEL CLAYTON (R) 1:40, 4:40, 7:45, 10:35
MICHAEL CLAYTON (R) [D] [CC] 1:40, 4:40, 7:45, 10:35
THE GAME PLAN (PG) 1:55, 4:35, 7:20
THE KINGDOM (R) 9:55 PM

AMC SELECT

GONE BABY GONE (R) 1:45, 4:45, 10:10

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

FRED CLAUS (PG) ✓ 2:15, 5:10, 7:50
LIONS FOR LAMBS (R) ✓ 2:20, 4:50, 7:40
AMERICAN GANGSTER (R) 3:45, 7:00
BEE MOVIE (PG) 2:40, 5:00, 7:20
DAN IN REAL LIFE (PG13) 3:00, 5:30, 8:00
MICHAEL CLAYTON (R) 1:50, 4:30
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) 2:00, 4:45, 7:30

LOEWS DUPONT 5
1350 19th St.
1-800-FANDANGO #711

AMERICAN GANGSTER (R) 3:45, 7:00
MICHAEL CLAYTON (R) 4:45, 7:40

AMC SELECT

WRISTCUTTERS: A LOVE STORY (R) 4:30, 7:50
JIMMY CARTER MAN FROM PLAINS (PG) 4:15, 7:30
LUST, CAUTION (NC-17) 3:30, 6:45

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

AMC SELECT

BLADE RUNNER: THE FINAL CUT (R) 2:30, 5:15, 8:00

✓-SPECIAL ENGAGEMENT No passes or discount coupons [CC] - Closed Captioning · [D] - Descriptive Video Service

Times for Tuesday, November 13, 2007

Mark Twain
Author
(1835-1910)

Harriet Tubman
Abolitionist
(c.1820-1913)

Kymone Freeman
Vaccine Trial Participant
(Present day)

You don't have to pen the great American novel or strive for freedom to be an **everyday hero.**

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NATIONAL INSTITUTES OF HEALTH • U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Television

ZACH BRAFF'S EGO CURBED: "Scrubs" creator Bill Lawrence said he declined a request to write a backup ending that would have allowed the NBC hospital comedy to shoot a series finale even if the writers' walkout continued into next year.

Laws of Science

Differing views on evolution, intelligent design divide a town

CURRICULUM | In a two-hour special not to be missed, the "NOVA" presentation "Judgment Day: Intelligent Design on Trial" (8 p.m., PBS) recalls the recent case of the Dover, Pa., school district that tried to introduce the controversial theory into its high school biology classes to counter the alleged flaws in the theory of evolution.

"Judgment" tackles the controversy on a personal, local and national level and interviews all of the principal players — including the school board members who introduced the intelligent design textbooks and pamphlets, and the biology teachers who opposed them. We also meet the lobbyists and think tank members behind intelligent design and the lawyers and scientists who argued that the notion was an intellectual Trojan horse intended to inject religion into the science classroom.

The Dover case pit neighbor against neighbor, and in one painful example, a father against his daughter. The intelligent design advocates received moral and political support from Sen. Rick Santorum, R-Pa., and President George W. Bush.

"Judgment" makes full use of the transcripts of the federal court case that arose and presents riveting re-enactments of testimony from both sides. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

PBS

POLARIZING SUBJECT: Believers in intelligent design protest in Dover.

ON TV TONIGHT

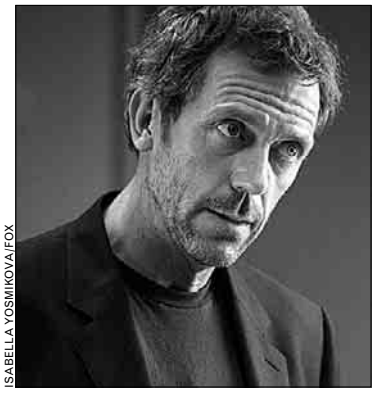
HARSH REALITY
A documentary crew follows the treatment of a deformed teen on **HOUSE** (9 p.m., Fox).

LUMPY NOSES
Family secrets revealed on **NIP/TUCK** (10 p.m., FX).

DRUGS? CHEESEBURGERS?
Alex discovers his brother's weakness on **CANE** (10 p.m., CBS).

SPORTS FAN, READ:
The documentary **MICHIGAN VS. OHIO STATE: THE RIVALRY** (10:30 p.m., HBO) examines proud college football fans and their storied battle for the Big Ten championship, dating back to 1897.

DUUDE, THAT'S SWEEET
Customers at a Beverly Hills cheese shop prove demanding on the season finale of **TWO DUDES CATERING** (10:30 p.m., Food). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)



ISABELLA YOSMIKOVA/FOX

TOUGH LOVE: Hugh Laurie, as House, works with a disabled teen tonight.

11.13.07		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News (N) CC		NBC Nightly News	Access Hollywood	The Biggest Loser (N) CC				Law & Order: Special Victims Unit (N)		News (N) CC	Tonight Show
	WTTG 5	News (N)	TMZ (N) CC	The Simpsons	Seinfeld CC	Bones "Boy in the Time Capsule" (N)		House "Ugly" (N) (PA) CC		News (N)		News (N)	TMZ CC
	WJLA 7	News (N) CC	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Cavemen (N)	Carpoolers (N)	Dancing With the Stars (S Live) CC		(:02) Boston Legal (N) CC		News (N) CC	(:35) Nightline (N)
	WUSA 9	News (N) CC	Evening News	News	Entertainment	NCIS "Designated Target" (N) CC		The Unit "Play 16" (N) CC		Cane "All Bets Are Off" (N) CC		News (N) CC	Late Show
	WDCA 20	Judge Judy (N)	Judge Joe Brown	King of Queens	King of Queens	The Academy (N) CC		Jail (N) CC	Jail CC	Every-Raymond	King of the Hill	Law & Order: Criminal Intent CC	
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova Statement suggesting an alternative to Darwin's theory of evolution. (N)				The History Project CC (DVS)		Travels-Edge	Smart Travels
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova Statement suggesting an alternative to Darwin's theory of evolution. (N)				Supernatural Science "Buried Alive"		Miss Navajo: A WETA	
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! CC (DVS)			Water Haulers	BBC World News	Tavis Smiley	Charlie Rose (N) CC	
	WDCW 50	My Wife and Kids	Family Guy CC	Two/Half Men	Friends CC	Beauty and the Geek (N) CC		Reaper "The Cop" (N) CC		Family Guy CC	Friends CC	Two/Half Men	Sex and the City
BASIC CABLE	A&E	Cold Case Files CC		CSI: Miami "Freaks & Tweaks" CC		CSI: Miami "Under Suspicion" CC		CSI: Miami "Nailed" CC		CSI: Miami "Urban Hellraisers" CC		CSI: Miami "Shattered" CC	
	Animal	The Crocodile Hunter CC		Camels Empire CC		E-Vet Interns (N)	E-Vet Interns	E-Vets: Things Pets Swallow CC		Animal Cops Houston CC		Camels Empire CC	
	BET	106 & Park: BET's Top 10 Live CC			Access Granted	Sunday Best (N) CC		Keyshia Cole	College-Interns	College-Interns	Keyshia Cole	Hell Date CC	Hell Date CC
	Bravo	Real Housewives		Real Housewives		Real Housewives		Real Housewives		Real Housewives		Real Housewives	
	Comedy	(5:00) ★★ "Heart Condition" (1990)		Scrubs CC	Scrubs CC	Daily Show	Colbert Report	Chappelle's Show	South Park CC	Jim Gaffigan: Beyond the Pale CC		Daily Show	Colbert Report
	Court	World's Wildest Police Videos CC		Cops CC	Cops CC	Cops CC	Cops CC	World's Wildest		Hot Pursuit (N)	Hot Pursuit (N)	The Investigators "The Devil Inside"	
	Discovery	How It's Made	How It's Made	Futureweapons "Search and Destroy"		Dirty Jobs "Alligator Egg Collector"		Dirty Jobs "Exotic Animal Keeper" (N)		Everest: Beyond the Limit (N)		Dirty Jobs "Casino Food Recycler"	
	DISCH	Code Blue "Fresh Faces" CC		Trauma: Life in the ER CC		You: On a Diet CC		You: Staying Young Controlling aging.		Jon & Kate Plus 8	Jon & Kate Plus 8	You: On a Diet CC	
	Disney	Cory in the House	Cory in the House	Hannah Montana	Zack & Cody	★★ "Confessions of a Teenage Drama Queen" (2004)			That's So Raven	That's So Raven	Life With Derek	Zack & Cody	Hannah Montana
	E!	Over the Top	Chelsea Lately	E! News (N)	The Daily 10 (N)	Patrick Dempsey: True Story		Girl Next Door	Girl Next Door	Kimora: Life in the Fab Lane		E! News	Chelsea Lately (N)
	FX	(4:00) ★★★ "Spider-Man 2" (2004) Tobey Maguire.			★★ "I, Robot" (2004) Will Smith. A homicide detective tracks a dangerous robot in 2035.					Nip/Tuck "Everett Poe" (N)		(:05) Nip/Tuck "Everett Poe"	
	HGTV	Small Space	If Walls Could	House Worth?	House Hunters	Designed to Sell	My Kitchen	Decorating Cents	24 Hour Design	House Hunters	Secrets That Sell	House Worth?	Hidden Potential
	Family	8 Simple Rules	8 Simple Rules	Grounded for Life	Grounded for Life	America's Funniest Home Videos		America's Funniest Home Videos		America's Funniest Home Videos		The 700 Club CC	
	History	The Big House "Joliet Correctional"		Chesapeake Bay Bridge & Tunnel		Modern Marvels: Renewable Energy		A Global Warning? The most dramatic climatic events in Earth's history.				Mega Disasters "Oil Apocalypse" (N)	
	Lifetime	Reba CC	Reba CC	Still Standing	Still Standing	Reba CC	Reba CC	"Augusta, Gone" (2006, Drama) Sharon Lawrence, Mika Boorem. CC				Will & Grace	Will & Grace
	MTV	(5:30) Made	Run's House	Run's House	The Hills	A Shot at Love With Tila Tequila		A Shot at Love With Tila Tequila		A Shot at Love With Tila Tequila (N)		Shot at Love	Tila Tequila
	NICK	Drake & Josh	Drake & Josh	Zoey 101 CC	Ned's School	TEENick	Drake & Josh	Full House CC	Home Improve.	George Lopez	George Lopez	The Cosby Show	Roseanne CC
	SCIFI	Stargate SG-1 "Heroes" CC		Eureka "All That Glitters" CC		Eureka "Duck, Duck Goose" CC		Eureka "Noche de Suenos" CC		ECW (Live)		Flash Gordon "Sorrow" CC	
	SPIKE	CSI: Crime Scene Investigation CC		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: NY "Jamalot" CC	
	TBS	Friends CC	Every-Raymond	Every-Raymond	Every-Raymond	Family Guy CC	Family Guy CC	Family Guy CC	Family Guy CC	The Office CC	The Office CC	Sex and the City	Sex and the City
	TLC	Flip That House	Flip That House	Flip That House "Halli; Neil" CC		Lottery Changed My Life III CC		Miami Ink "No Regrets" CC		Miami Ink Ami struggles with anger.		Miami Ink "American Chopper" CC	
	TNT	Law & Order "Birthright"		Law & Order "Gunplay"		Cold Case "The War at Home" CC		Cold Case "Sandhogs" CC		Cold Case "Baby Blues" CC		Cold Case "Saving Sammy" CC	
	USA	Law & Order: Special Victims Unit		Law & Order: Criminal Intent "Stray"		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		★★ "Bad Boys II" (2003, Action) Martin Lawrence, Will Smith, Jordi Molla.			
	VHI	Salt N Pepa	Gotti's Way	I Love New York Return.		Hogan Knows	Hogan Knows	40 Dumbest Celeb Quotes Ever				America's Most Smartest Model	
SPAN.	TELEM	Daniela	Noti-Telemndo	12 Corazones		Madre Luna		La Esclava Isaura		Pecados Ajenos		Noti-Telemndo	Decisiones
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón (N)		Amar sin Límites (N)		Destilando Amor (N)		Como Ama una Mujer		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live) CC		College Basketball NIT Season Tip-Off Regional Final -- Teams TBA. CC				College Basketball NIT Season Tip-Off Regional Final -- Teams TBA. CC				SportsCenter (Live) CC	
	ESPN2	NASCAR Now (Live) CC		Football Live	College Football Toledo at Ball State. (Live) CC						College Basketball: CBE Classic Regional Final		
	CSN	SportsNite CC	SportsNite CC	College Football Florida State at Virginia Tech. (Taped)						SportsNite (Live) CC		Washington Post Live	
NEWS	CNN	(4:00) The Situation Room		Lou Dobbs Tonight CC		Out in the Open		Larry King Live CC		Anderson Cooper 360 CC			
	FNC	Special Report CC		The Fox Report With Shepard Smith		The O'Reilly Factor CC		Hannity & Colmes CC		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	Tucker		Hardball CC		Countdown With Keith Olbermann		Live With Dan Abrams		Lockup: San Quentin		Verdict: You Decide "Officer Down"	
MOVIES	AMC	(5:30) ★★ "Heartbreak Ridge" (1986, War) Clint Eastwood. 'R' CC				★★★★ "Rear Window" (1954, Suspense) James Stewart, Grace Kelly, Wendell Corey. 'PG'					★★★★ "Vertigo" (1958, Suspense) James Stewart. 'PG'		
	TCM	(:15) ★ "Arsene Lupin Returns" (1938, Crime Drama) Melvyn Douglas. 'NR'				★★ "Stakeout on Dope Street" (1958) Yale Wexler. 'NR'			★★ "Murder by Contract" (1958) Vince Edwards. 'NR'			★★ "The Lineup" (1958) Eli Wallach.	
	HBO	(4:45) Eragon 'PG'	"The Deal" (2003, Drama) Michael Sheen. 'NR' CC			★★★ "The Departed" (2006, Crime Drama) Leonardo DiCaprio, Matt Damon. 'R' CC					Michigan vs. Ohio State: The Rivalry		Tell Me You
	MAX	(5:30) ★ "Billy Madison" (1995) CC		John & Jane Toll Free CC		(:15) ★ "Red Planet" (2000, Science Fiction) Val Kilmer. 'PG-13' CC				★★ "She's the Man" (2006) Amanda Bynes, James Kirk. 'PG-13' CC			
	SHOW	(:15) ★★ "Double Whammy" (2001, Comedy) Denis Leary. iTV. 'R' CC				Brotherhood "Only a Pawn ... 1:7-8"		Dexter Lila's influence takes its toll.		Weeds (iTV)	Weeds (iTV)	Paul Mooney: Jesus Is Black	
	TMC	(:05) ★★★ "Educating Rita" (1983) Michael Caine, Julie Walters. 'PG' CC				★★ "Premium" (2006) Dorian Missick, Zoe Saldana. 'R'			(:45) ★★ "Lonesome Jim" (2005, Comedy-Drama) Casey Affleck. 'R' CC				California Drm.
	STARZ!	(5:15) ★ "Down to You" (2000) CC		(6:50) ★★ "Silent Hill" (2006, Horror) Radha Mitchell. 'R' CC				★★ "Talladega Nights: The Ballad of Ricky Bobby" (2006) Will Ferrell. CC				(:10) ★★★ "The Prestige" (2006)	
	ENCORE	Trapped-Para.	(:20) ★★ "The Great Outdoors" (1988) Dan Aykroyd.			★★★ "Crimson Tide" (1995, Suspense) Denzel Washington. 'R' CC				★★ "Quigley Down Under" (1990, Western) Tom Selleck. 'PG-13' CC			

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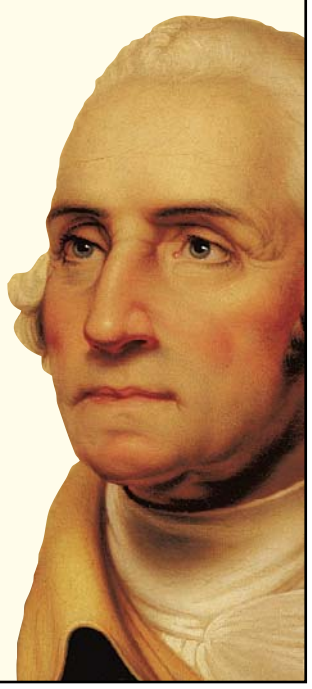

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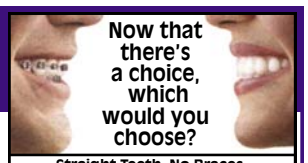

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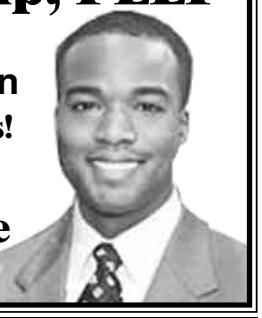

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1899 | **The last year** Kansas football started the year 10-0. The Jayhawks are currently No. 3 in the BCS behind LSU and Oregon. They play Iowa State on Saturday and No. 5 Missouri one week later for a chance at the Big 12 title game.

Sports

Swengali

REDSKINS | BY MATT SWENSON

PABLO MARTINEZ MONSIVAIS/AP

Gibbs has been disappointing this year.

Redskins Won't Win With Gibbs

CONTRARY TO POPULAR BELIEF, the Redskins' season is not over. There are, in fact, seven games left.

True, the playoffs are an afterthought at this point. Washington doesn't look like it belongs in the postseason.

In his fourth season back, Joe Gibbs has achieved mediocrity. For every good play in a game — James Thrash's first touchdown catch Sunday — there is a bad one — Shaun Suisham's missed extra point right after Thrash's score.

The Redskins are better off under Gibbs than they were under his immediate predecessor, Steve Spurrier. The team was just awful under the Ol' Ball Coach. Mediocre is a slight improvement.

As hard as it may be to say, the Redskins are not going to be a great team again until Gibbs is gone — and not just as a coach. Gibbs the coach can't manage a game properly and curbs his team's chances to win by being overly conservative.

That said, Washington's roster isn't exactly stellar. But it's the team Gibbs picked. LaRon Landry, Sean Taylor and Chris Cooley are three players you can point to as good choices. Brandon Lloyd, his massive contract and all, is just one example of reckless spending of cash and draft picks.

Gibbs deserves credit for giving his all to restore the Redskins' legacy. We don't need to wait seven games, though, to know it hasn't been enough.

@ | To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Nothing's Safe: Taylor Out for Dallas

Redskins' star safety will miss at least 2 weeks with knee injury

REDSKINS | Washington Redskins safety Sean Taylor will miss at least two weeks with a knee injury, further depleting a secondary that allowed two big plays down the middle of the field late in Sunday's loss to the Philadelphia Eagles.

An MRI on Monday revealed a grade 2 sprain of the MCL in Taylor's right knee. He limped gingerly into Redskins Park late in the day and left the building on crutches without commenting about his injury.

"He's going to be out at least two weeks," trainer Bubba Tyer said. "After that we'll take it week-to-week."

Left tackle Chris Samuels sustained a Grade 2 MCL sprain early in training camp and missed all four preseason games, although Tyer cautioned that no two knee injuries are the same.

JONATHAN NEWTON / TWP

Safety Sean Taylor, left, leaves the field during the second half of Sunday's game.

Taylor was having his best season as a pro, having been moved to a true free safety position for the first time since being drafted by the Redskins in 2004. He was tied for the NFC lead in interceptions with five through Sunday's game, and his physical presence has kept teams from testing the defense deep over the middle.

"When most football teams see him back there, they've pretty much ruled it out," coach Joe Gibbs said. "Now we're going to have to adjust things."

Taylor was hurt in the second half of the Sunday's 33-25 loss. Shortly after he left the game, the Redskins allowed a 45-yard touchdown pass to Reggie Brown and later were unable to stop Brian Westbrook's 57-yard catch-and-run that decided the game.

The Redskins have already lost cornerback Carlos Rogers for the season to a knee injury, and cornerback Fred Smoot has been playing on a sore hamstring.

Receiver James Thrash, who had his best game in several years on Sunday, left in the fourth quarter with a sprained left ankle and likely won't be able to make next week's showdown against the Cowboys, either. JOSEPH WHITE (AP)

Time May Be Up for Ravens' McNair

Baltimore's QB has a sore shoulder to go with his subpar play

RAVENS | If his ineffectiveness doesn't send Steve McNair to the Baltimore Ravens bench, perhaps a sore shoulder will.

The struggling quarterback has developed "substantial soreness" in his non-throwing shoulder, Ravens coach Brian Billick said Monday. That, coupled with McNair's unsightly numbers over the past two weeks, could cause Billick to turn to Kyle Boller in Sunday's game against the Cleveland Browns.

McNair, who has already missed time this season with groin and back injuries, committed three turnovers and threw for only 128 yards Sunday before being replaced in the fourth quarter of a 21-7 loss to Cincinnati. Six days earlier, McNair lost two fumbles and threw an interception in a 38-7 defeat at Pittsburgh.

Billick insisted Monday that no decision has been made on the starting quarterback against the Browns, saying he needed more information on McNair's physical status before drawing a conclusion.

KEITH SRAKOCIC/AP

Steve McNair has lost seven fumbles while throwing four picks and two TDs.

McNair was given two weeks off before the Ravens' bye on Oct. 28. But the extended break did little to increase his effectiveness, and now Baltimore (4-5) is mired in a three-game losing streak that has all but shattered the team's bid to return to the playoffs.

McNair was hailed in Baltimore last year for helping the team win the AFC North with 13-3 record. Now he is being booed, never louder than after his second fumble Sunday. This season, McNair has lost seven fumbles, thrown four interceptions and tossed only two touchdown passes — none since Sept. 30.

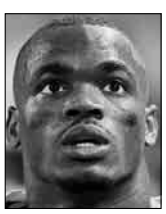
"It's painful to watch him deal with what he's dealing with right now," Billick conceded.

Asked after Sunday's game whether he expected to start against Cleveland, McNair responded, "Right now, my turnovers have been killing this team. I don't know what the coaches are going to decide. If they decide to go with Kyle, that's fine. I'll probably agree with them." DAVID GINSBURG (AP)

Star Rookie RB Peterson Is Out At Least a Week

NFL | Minnesota Vikings running back Adrian Peterson will miss Sunday's game against Oakland with a torn ligament in his right knee.

Coach Brad Childress said Monday that Peterson tore his lateral collateral ligament in the Vikings' 34-0 loss to Green Bay. Peterson will not require surgery, Childress said.



Peterson

"The good news is that the knee is otherwise stable, and the injury is isolated to that ligament," Childress said. "I'm told that's a good healing ligament."

Team doctors told Childress that with ligament tears graded on a three-point scale, with three being the worst, Peterson's tear is "two-plus." It's not as serious as an anterior cruciate ligament tear, which would have required surgery. (AP)

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Sports

M. SPENCER GREEN/AP

Milwaukee's Ryan Braun edged out Troy Tulowitzki for NL Rookie of the Year honors.

Braun Is NL's Best Rookie by 2 Points

Brewers 3B edges out Tulowitzki; Pedroia wins easily in the AL

BASEBALL | Ryan Braun won the NL Rookie of the Year award in one of the tightest votes, while Dustin Pedroia ran away with the AL honor Monday.

Braun, Milwaukee's brawny third baseman, edged Colorado shortstop Troy Tulowitzki by two points in balloting by the Baseball Writers' Association of America.

Braun said he had trouble sleeping Sunday night, then woke up early and went for a jog to ease his "nervous energy."

"I had no idea what the vote would be based on," Braun said. "I knew that it would be a close vote."

Pedroia, the little Boston second baseman with the big swing, easily topped Tampa Bay outfielder Delmon Young. Generously listed at 5-foot-9, and playing with a broken left hand down the stretch, he helped lead the Red Sox to the World Series title.

Braun got 17 of the 32 first-place votes and finished with 128 points. Tulowitzki received 15 first-place votes and had 126 points.

Voting was done at the end of the regular season, before Pedroia and Tulowitzki met in the World Series.

Called up from Triple-A in late May, Braun hit .324 with 34 home runs and 97 RBI. The Brewers led the majors in homers this season and stayed in contention for the NL Central championship until the final week.

Tulowitzki led big league shortstops in fielding percentage, got to many more balls than anyone at his position and turned an unassisted triple play. He also set an NL rookie record for home runs by a shortstop (24) and batted .291 with 99 RBI as the Rockies surged to the NL pennant. BEN WALKER (AP)

TODAY'S TV LINEUP

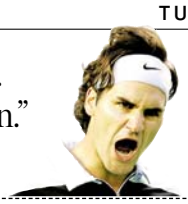
COLLEGE FOOTBALL (7:30 P.M. ON ESPN2) College football games every day of the week means we get Toledo at Ball State on Tuesday night.

COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN) The regional finals of the Preseason NIT are in Syracuse, N.Y., and Columbus, Ohio.

NHL (8 P.M. ON VERSUS) The Western Conference-leading Red Wings travel to St. Louis to play the cellar-dwelling Blues.

"Some players or people might think, 'Now he's more vulnerable.' I disagree, obviously. I'm going to, hopefully, show them again this week and then, obviously, next year again."

— **A confident Roger Federer,** who lost on Monday, his first consecutive losses in four and a half years.



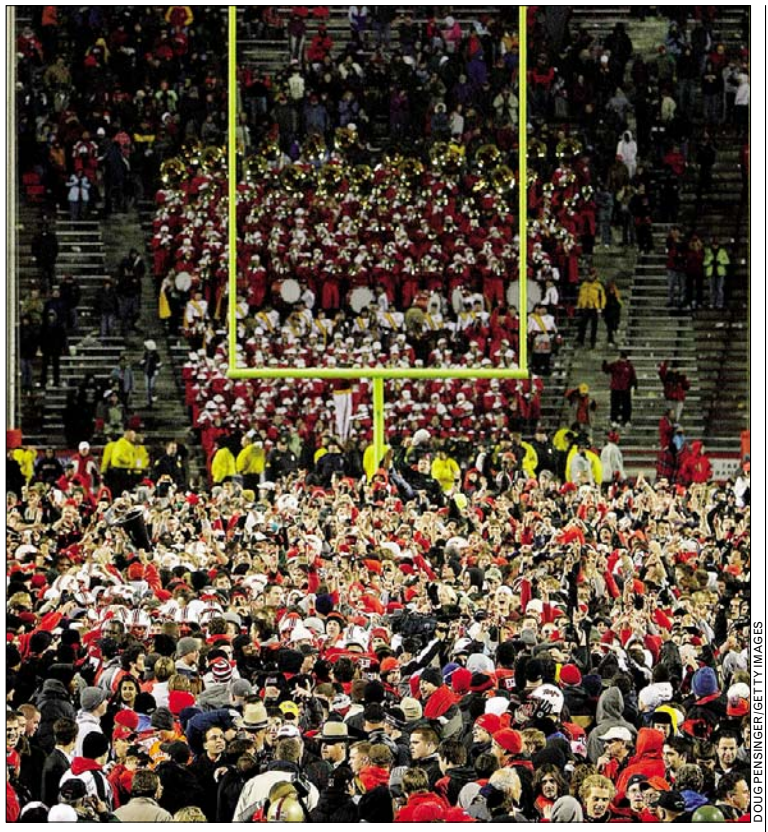
Terps 2 Steps Away From Bowl Bid

Victory over No. 8 BC was nice, but Maryland still needs more wins

TERPS FOOTBALL | Minutes after one of the most uplifting victories of his coaching career, an emotional Ralph Friedgen gathered his players to congratulate them for their gritty performance in an upset of No. 8 Boston College.

He then issued a sobering reminder: If Maryland is to benefit from Saturday night's 42-35 win, there is still work to be done.

"I told them that we're back in the bowl picture. I mean, they're kids so they want to go out and celebrate and have a good time. I didn't want to throw cold water on that," Friedgen said. "But I said, 'Enjoy this game tonight, but we have two really tough games on the road. We're 5-5, and there are a lot of teams in our boat. We have to go to two tough places and play two tough teams on the road.'"



DOUG PENSINGER/GETTY IMAGES

Maryland fans rushed the field after the Terps knocked off No. 8 Boston College.

If the Terrapins perform with the fervor and precision they displayed against Boston College, a bowl bid could be in their future. Coupled with an earlier win over then-No. 10 Rutgers, Maryland has defeated two top-10 schools in the same season for the first time in school history. But this team wants to be remembered for more than that.

Considering all the injuries and close losses they've endured, the season would be regarded as a smashing success if the Terrapins can secure a place in the postseason.

Maryland must beat Florida State or North Carolina State over the next two weeks to have the six wins necessary to receive a bowl bid. If the Terrapins win both, they would be assured of an invitation.

"As big as this game was, there are still two big ones left on the road. We are looking forward to Florida State," linebacker Dave Philistin said.

DAVID GINSBURG (AP)

Vince Carter Is Out With Right Ankle Sprain

NBA | Vince Carter of the New Jersey Nets will be sidelined indefinitely with a sprained right ankle.

An MRI on Monday revealed Carter sustained a Grade 1 sprain on Saturday night against the Boston Celtics, Nets president Rod Thorn said Monday. There is no timetable for Carter's return. The Nets played the New Orleans Hornets on Monday night.

Carter

The eight-time All-Star was hurt in the third quarter of a 112-101 loss to Boston. He landed on the foot of Celtics forward Paul Pierce after a dunk.

Carter averaged 17.0 points, 5.5 rebounds and 4.5 assists through the first six games. He signed a four-year contract valued at about $65 million in the offseason. (AP)

For 1 Week, Atlantic Sun Rises to the Top

Conference few have even heard of makes waves with 3 big wins

COLLEGE HOOPS | The music channel VH1 pokes fun at the celebrity scene with its show "Best Week Ever." It might want to branch into sports this week to give a nod to the Atlantic Sun Conference.

The little-known league spread over five Southeastern states surely had its best week ever, knocking off three major schools in an amazing four-day period.

Gardner-Webb got the ball rolling, so to speak, with its shocking 16-point win at then-No. 20 Kentucky last Wednesday. Belmont followed up two nights later with an 11-point win at Cincinnati. Then came Saturday's stunner: Mercer bumped off then-No. 18 Southern Cal and freshman, O.J. Mayo, by 15 points.

Gardner-Webb? Belmont? Mercer? Who are these guys, anyway?

"Most of the time, all the efforts of our folks don't get the spotlight they may necessarily deserve," said Ted Gumbart, the A-Sun's commissioner. "When we do get a chance to grab it, it's very satisfying."

For those who may not know — and that would be just about everyone — the Atlantic Sun is a 12-team conference. Formerly known as the Trans-America Athletic Conference, it doesn't even qualify as a so-called mid-major.

Low-major is more like it, though it may be time for a promotion.

"For me, it's about the credibility of the league," Mercer coach Mark Slonaker said. "We're striving to be somewhere in the middle. It's not realistic to be in the top six. ... But we're trying to move up. The only way to do that is to keep winning

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For example:

- Peripheral artery disease
  1. Claudication (leg pain during walking)
  2. Total blocked artery (of the leg or arm)
- Pulmonary sarcoidosis
- Sleep deprivation with obesity
- Turner syndrome
- Type 2 diabetes in 12-20 year olds

DEPARTMENT OF HEALTH & HUMAN SERVICES-USA

National Institutes of Health
NIH Clinical Center
Bethesda, Maryland

1-866-444-8810
TTY# 1-866-411-1010
http://www.clinicaltrials.gov
Se habla español

Do you have Bipolar Disorder?

Do you feel depressed even on medications?

If so, you may qualify for a research study comparing investigational naturalistic therapies.
We are looking for people 18 years or older who want to participate in a study that doesn't seek to add another medication to your current treatment.

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AD BONE MARROW 03/07

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For an investigational nasal vaccine study

Purpose: To study the safety and efficacy of an experimental vaccine to prevent diarrhea

You may be eligible to participate if you are:

Between the ages of 18 and 45

Very healthy (non-smoker and no significant health problems)

Available for 10 outpatient visits (over a 2-month period)
Available for a 9-day hospitalization
Available for 2 additional outpatient visits
Available for a 6-month follow-up phone call

You will be provided:

A no-cost health screening

Compensation for your time and effort

Where: Walter Reed Army Institute of Research in Silver Spring, MD

Contact: 1-866-856-3259 toll free
301-319-9335/9320
www.ARMYClinicalTrials.com

DO YOU HAVE DIABETES?

ARE YOU ONLY TAKING METFORMIN
(also known as GLUCOPHAGE)
TO TREAT YOUR DIABETES?

If you have answered "YES" to the above two questions, you may be eligible to participate in a research study testing an oral medication for the treatment of diabetes if you:

- Are 18-75 years old
- You have had diabetes for at least 6 months
- You have been taking Metformin for at least 4 months
- You are generally in good health

If you are eligible to participate in this research study, you will receive:

- Physical exams and laboratory tests at no cost
- Blood glucose (sugar) meter and strips to test your blood sugar
- Study pills and Metformin at no cost while you are in the study
- Compensation for time and travel.

To find out more about this study, please call:

Carine Nassar, RD, CDE (202) 877-0351
MedStar Diabetes Institute at Washington Hospital Center

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DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

ALCOHOL WITHDRAWAL CAUSING SHAKES & ANXIETY?

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(301) 496-1993

Deaf or hard of hearing? Call the Federal Relay Service at 1-800-877-8339

express health directory

Healthy Adult Volunteers Needed

HIV is a global epidemic. Currently, 38 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2005, 4 million people were newly infected with HIV, a rate of more than 11,000 infections each day. Approximately, 10 of every 1000 adults aged 15 to 49 worldwide are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy person between the ages of 18-40, are not currently in the US military and are available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

This experimental vaccine does not cause HIV infection.

Please call:

301-251-8351

www.hivresearch.org/clinical-trials

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This study is sponsored by the National Institutes of Health

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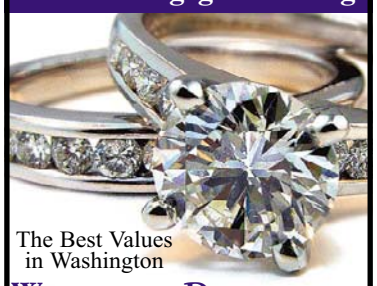

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Accounting

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Requirements include:

- Good communications skills with the ability to resolve issues in a diplomatic manner;
- Advanced computer skills with emphasis on spreadsheet/reporting software – i.e., Excel, Word, Crystal – a plus;
- Ability to work under pressure to meet payroll deadlines;
- Detail-oriented with good analytical and troubleshooting skills;
- Must be flexible with work schedule (some holidays/weekends);
- Knowledge of PeopleSoft software a plus.

Responsibilities include:

- Process full cycle for monthly exempt employees;
- Process garnishments, union dues, pensions, bonds and employment verifications;
- Serve as backup for other payrolls;
- Provide payroll account analysis and reconciliation;
- Assist employees with payroll related questions – i.e., tax withholding, direct deposit;

Qualified candidates should apply by sending a resume and cover letter to:

The Washington Post

Attn: HR/PAYROLL/YO
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JOBS

Activism

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Answer phones. Fax, file, run errands. Some computer exper. req'd. Spanish a plus. Must have own car. Fax resume to 301-587-1678.

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Assist with research, mediation, litigation. Email resume to **gltfirm@justicemail.com**

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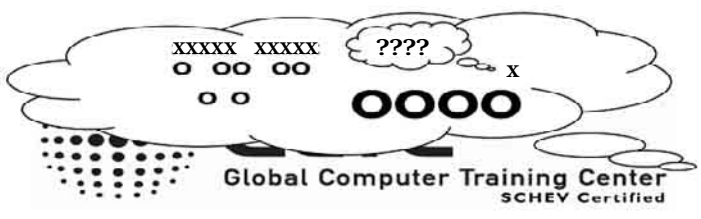

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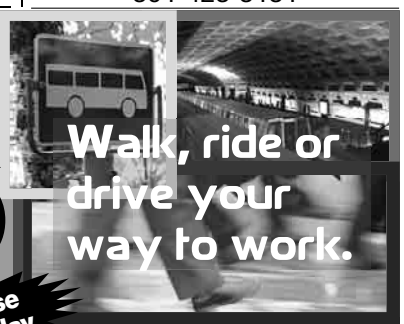

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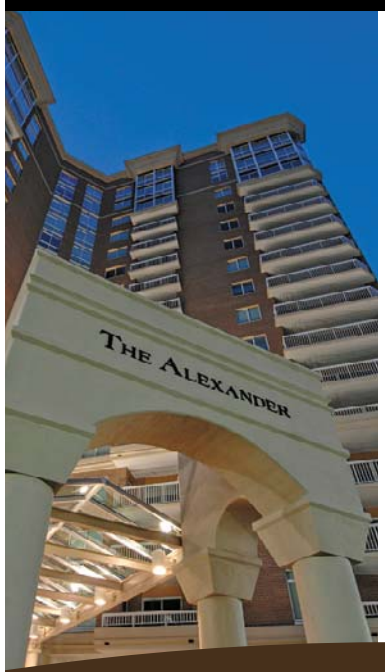

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The Washington Post
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E526 2x6

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ASK BETSY

About Student Loans

This column, contributed by American Student Assistance®, a non-profit that provides student loan borrowers with the education and encouragement they need to successfully manage their debt, is published in the Express each month. You can "ask Betsy" questions about applying for student loans, repaying your loans, or what to do if you're having trouble paying your loans back. E-mail your questions to ***askbetsydc@amsa.com.***

American Student Assistance — Think About Tomorrow

Save or Pay?

Dear Betsy,
I have been out of college and repaying my consolidated Subsidized Stafford Loans for just over one year. I have about $12,000 in loan debt and I am scheduled to pay $95.89 per month for 15 years. I am pretty sure my interest rate is somewhere in the 5.75-6 percent area. I can afford to pay about $50 per month more than the minimum. I have been advised to invest that $50 per month in an account earning more than my loan interest costs (like a mutual fund), so 15 years from now, that $50 per month will grow to a lot more than it would if I were to pay off my student loans faster and THEN start investing afterwards. Any advice on this? Should I pay off my loans sooner, or take advantage of a higher interest account?

Thanks!
Michelle

Hi Michelle,
Sounds like you've got a pretty good grasp of your finances - that's more than half the battle! While the advice you have been given seems sound, what you are asking me is a question better suited for a certified financial planner—which I am not. What I can do is add to the advice you've been given by telling you to also consider any tax deductions you may receive for your student loan payments that you may not receive for investment income.

I also want to take this opportunity to remind those readers who may have left school or graduated last spring that your student loans are likely coming due this month. If the thought sends you into panic mode, be sure to go online or call your student loan holder for advice on lower payment options and deferments you may be eligible for.

Regards,
Betsy

Transferring Schools

Dear Betsy,
My son is planning on transferring from one college to another. I have a PLUS loan and would like to transfer the loan to the new college. What do I need to do?

Robin

Hello Robin,
Because every school has different costs (usually referred to as COA or Cost of Attendance), different program requirements, and academic years, your son's financial aid package will have to be reevaluated. The first step would be to contact the new school to which your son is planning to transfer and find out if they require him to fill out a new Free Application for Student Aid (FAFSA). If you are in contact with the school early enough, you may not have to fill out the form again. It's possibly that the FAFSA results can be forwarded to the transfer school so that your son's new aid package can be assessed more quickly.

Once the new school has created a financial aid package for your son, you would be able to reapply for a new PLUS loan, which would be disbursed after his transfer is completed.
As for the current loan that you have, you may need to return part of the unused funds before a new loan is issued. Your son's current school will have the details that you need for this transaction.

With some preparation beforehand, transferring to a new school will not be difficult, but make sure that you and your son work quickly to avoid any potential snags that could occur if he applies too late.

Best of luck to you and your son for a smooth transition to a new program.

Regards,
Betsy

30 Hours, Not 40

Dear Betsy,
I am no longer working, and my loan payments are behind. Do I need to apply for forbearance or a deferment, and where do I find these forms?

Margaret

Hi Margaret,
In our response to your letter published last month, I mentioned that you can ask to postpone your payment temporarily with a deferment if you are working fewer than 40 hours per week while actively seeking full-time employment. That information was not correct. You can ask to postpone your payment temporarily with a deferment if you are working fewer than 30 hours per week, not 40. I apologize for any confusion this may have caused you or any of our readers, and I would like to thank those of you who pointed out this oversight.

My apologies,
Betsy

Education Debt — Mammoth But Manageable.

Have a question about student loans? E-mail me at askbetsydc@amsa.com

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— West Falls Church Metro Rider

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is it logical to love?

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		8	3		5	6		
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8			4		7			6
		6				3		
7			9		1			4
5								2
		7	2		6	9		
	4		5		8		7	

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Puzzles by Pappocom. For solution, tips and computer program, visit www.sudoku.com.

XX141d 3x2

Look out

TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

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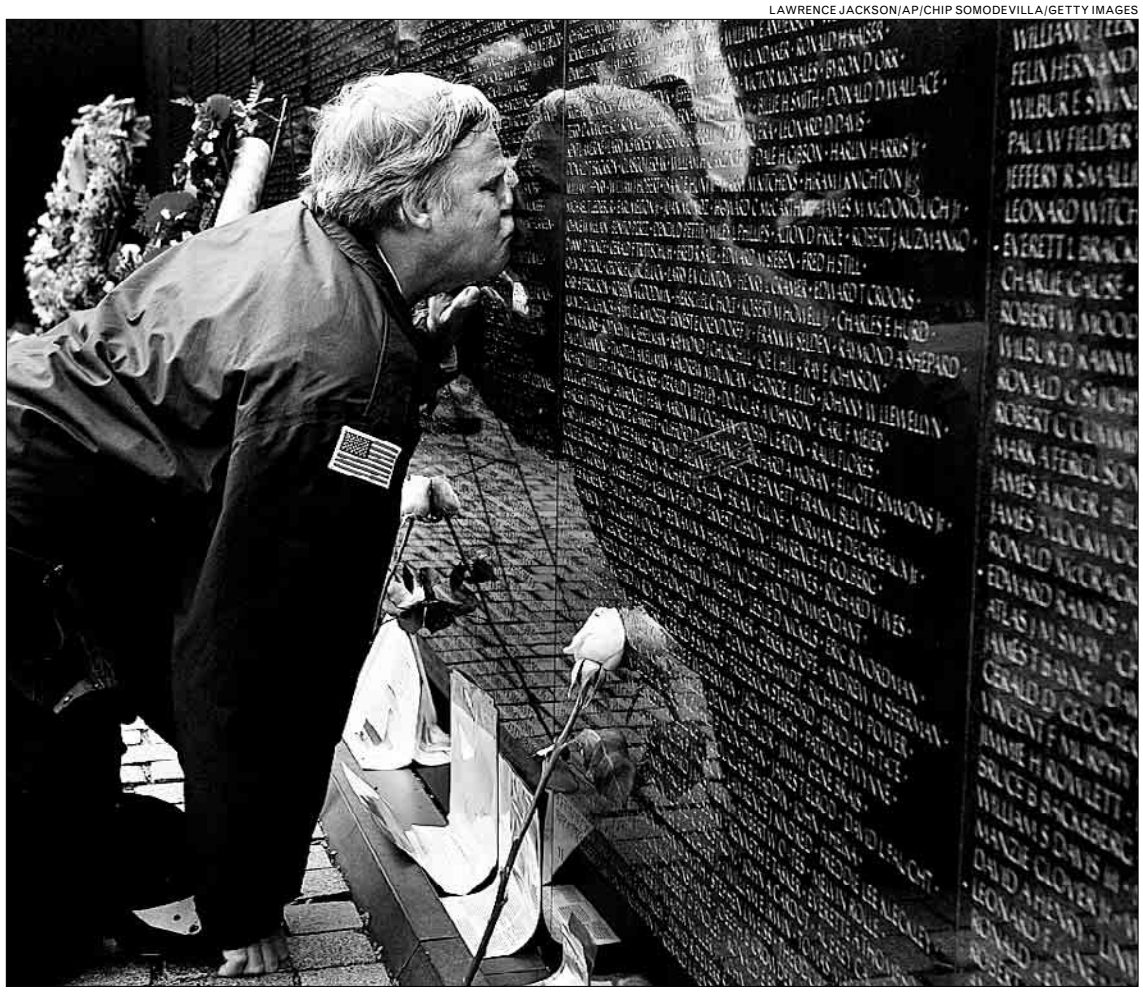
Live Online: Post NFL editor on Redskins | 36

LAWRENCE JACKSON/AP/CHIP SOMODEVILLA/GETTY IMAGES



LEFT BEHIND: Mark Seeley kisses the name of his father, John, on the Vietnam Veterans Memorial during ceremonies last weekend to mark the 25th anniversary of the wall.

Touching Milestone

Vietnam War

Memorial wall's 25th anniversary marked by a flood of tributes

They are lined up like footnotes to the names etched on the Vietnam Veterans Memorial's polished black granite, leaning against its base, some a collective tribute to the fallen, others bearing a message for just one of the dead.

An American Legion uniform cap from Kansas, a police patch from a town in Georgia, a note to "GRAMDADAD" that appears to have been written by the unpracticed hand of a young child. A homemade plaque with plastic red poppies pasted to it, dedicated to a "Band of Brothers." Poems from middle school students.

Since the memorial was completed in 1982, it has become a de facto shrine, with more than 100,000 offerings for the dead and messages from survivors left by the millions who visit it each year.

That number is likely to grow in the coming days. National Park Service officials say milestones like Veterans Day and the memorial's 25th anniversary on Tuesday inevitably lead to floods of new items at the wall.

The nature of the mementos has changed. In the beginning, it was mostly veterans who dropped off unit patches, Purple Hearts, photos of lost soldiers or old pairs of Army boots. But with many veterans now in their 60s, members of a younger generation — including grandchildren of veterans and the fallen — are making contributions.

On a recent day, a baseball card from a boy named Nicholas was propped against the wall, with a note that read "For my grandfather."

The practice wasn't foreseen by the memorial's planners, but the first offering came even before the monument was completed, a Purple Heart laid in the foundation by the brother of a dead soldier.

At the beginning, a memorial staffer collected the items on the belief that people would want them back.

When they continued to pile up, with little sign of abating, the Park Service decided in 1986 to treat the items as museum pieces.

"It was unheard of for people to come to a site over a protracted period of time and leave objects," said Duery Felton, the collection curator and a Vietnam veteran. "These objects became a collection. Before that, they were just things left at the memorial."

Park Service workers collect the mementoes every few days and ship them to a temperature-controlled warehouse in an office park in Landover, Md.

Even seemingly mundane items are kept, like a Washington Metro subway ticket with 15 cents on it, to avoid discarding something that might have a hidden meaning. Some show significant forethought, like a carefully crafted homemade replica carousel; others seem to be tokens left by people unexpectedly moved by the monument.

"We get messages on Popsicle sticks and bubble gum wrappers," said Pam West, director of the repository.

> "It was unheard of for people to come to a site over a protracted period of time and leave objects."
>
> **DUERY FELTON**, COLLECTION CURATOR

The collection includes items taken from the enemy — a dented canteen, an ammunition belt for an AK-47. There is a letter from an American soldier to the North Vietnamese soldier he killed that asks: "Why you didn't take my life, I will not know."

The Park Service does not try to research the origin of the items or explain why they were left. But Felton wonders about some. He pulls out an open bottle of champagne with two glasses. Are they a statement about what could have been but was lost?

John Rowan, president of the Vietnam Veterans of America, says seeing the names is what motivates people to leave things behind, a way to commune with the dead. Rowan left the only poem he wrote at the memorial in the 1980s.

"It's a personal connection. It's a way to attempt to reach through the wall to a person whose name is there," he said. STEPHEN MANNING (AP)

LOOK out

His Private Landscapes

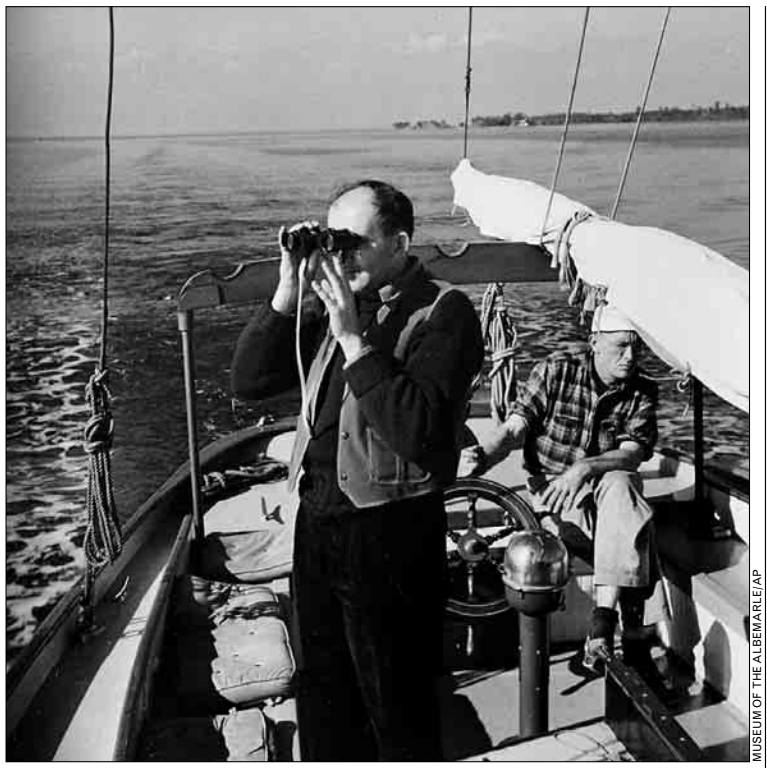
Art

An exhibit of images angers members of Ansel Adams Trust

They are the photos Ansel Adams never intended anyone to see — tiny proofs taken with a handheld camera of a landscape that lacks the grandeur captured in his portraits of the Sierra Nevada and Yosemite National Park.

But thanks to some connections and a quirk of inheritance law — and over the objections of the trust that controls the use of Adams' work — the few dozen 5-inch-square proofs are now on display at a small museum not far from the inland waterway where Adams shot the pictures in 1940.

"Adams' prints are perfection," exhibit curator Stephen Jareckie said. "But these proofs have a certain vitality that you don't find in a finished print. It gives them an educational point of view and shows the public what Adams' work is like at that stage — a work in progress."



MUSEUM OF THE ALBEMARLE/AP

Ansel Adams, standing, takes in the view along the Intracoastal Waterway in 1940.

The proofs were shot as Adams and a friend, David McAlpin Hunter, traveled the Intracoastal Waterway in November 1940 from Virginia to Georgia.

The exhibit of 50 photos, about 30 of which are credited to Adams, runs through Dec. 2 at the Museum of the Albemarle in Elizabeth City, N.J.

> "I think it's unethical in terms of museum ethics and behavior. It's something that never would be done at MoMA."
>
> **WILLIAM TURNAGE**, ADAMS TRUSTEE

Jareckie came across the proofs in the estate of McAlpin's second wife. McAlpin and Adams worked together on founding the photography department at the Museum of Modern Art in New York, where McAlpin was a trustee.

The trustees of the Ansel Adams Publishing Rights Trust in Mill Valley, Calif., believe that Jareckie is taking advantage of Adams' fame. While they can keep the images from being reproduced, they are powerless to stop an exhibition.

Such exhibits show what are basically snapshots, "not works he ever would have shown in a museum," says William Turnage, one of three Adams trustees. "I think it's unethical in terms of museum ethics and behavior. It's something that never would be done at MoMA or the Art Institute of Chicago.

"But you know, what the heck? Some people are going to take advantage and try to profiteer, and there's nothing we can do about it."

Adams, who also trained as a concert pianist, compared proofs to the score and a finished print to the performance. His biographer, Mary Alinder, said the photographer would never have authorized the exhibit.

"His complete art was not only the making of the negative but also his own interpretation of the negative into a print," she said.

But Alinder said the proofs are an important part of the historical record, documenting a time in Adams' life as well as the importance of his friendship with McAlpin and their joint appreciation of photography as an art form.

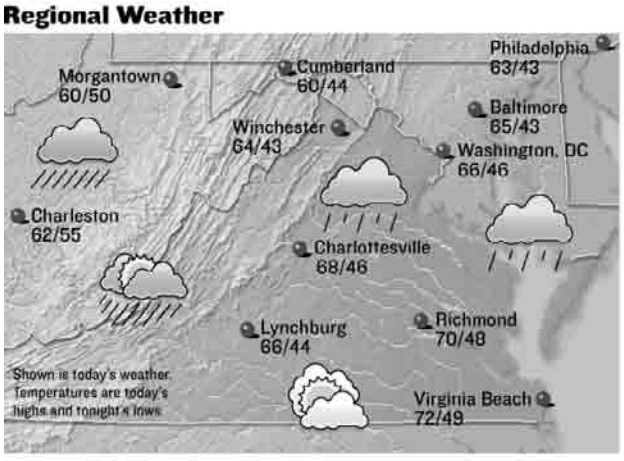
"My point would be that it should clearly be stated that these are proofs," she said. "They could be night and day from what Ansel would have interpreted."

MARTHA WAGGONER (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly cloudy, afternoon shower	Partly cloudy	Rain late or at night	Chance of rain early, cooler	Partly sunny	Partly sunny
66°	46°	66° / 49°	55° / 38°	54° / 38°	52° / 38°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	54°
Low	45°
Normal high	59°
Normal low	41°
Average humidity	77%

Precipitation

24 hours ending 4 p.m.	0.29"
Month to date	0.48"
Normal month to date	1.20"
Year to date	28.67"
Last year to date	44.29"
Normal year to date	34.47"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

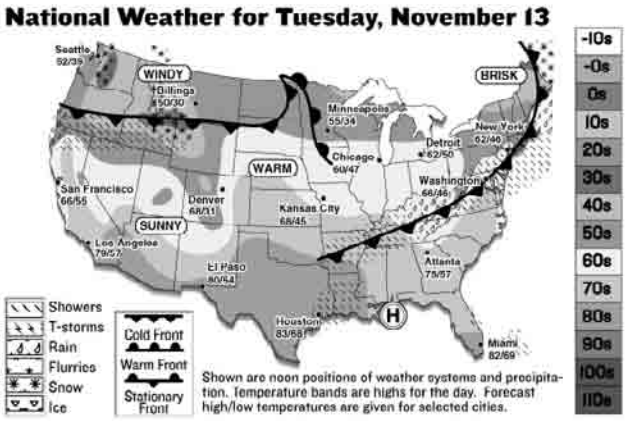
D.C. Metro: Today, increasingly cloudy, afternoon shower. High 66. Wind north to northwest 3-6 mph. Tonight, partly cloudy. Low 46.

Sun and Moon

Sunrise today	6:48 a.m.
Sunset tonight	4:56 p.m.
Moonrise today	10:25 a.m.
Moonset today	7:23 p.m.

First	Full	Last	New
Nov 17	Nov 24	Dec 1	Dec 9

National Weather for Tuesday, November 13



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	75/57/s	75/51/c
Boston	56/40/r	59/46/pc
Chicago	60/47/pc	57/35/pc
Dallas	82/68/c	78/46/pc
Denver	68/31/s	48/26/pc
Honolulu	84/72/s	84/71/s
Los Angeles	79/57/s	82/56/s
Miami	82/69/pc	83/70/pc
New York City	62/46/r	63/48/pc
Orlando	78/60/pc	82/59/s
Seattle	52/39/pc	49/44/r

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	46/38/r	43/31/c
Athens	61/53/sh	63/56/r
Berlin	38/28/c	34/25/sn
Buenos Aires	68/54/r	63/50/pc
Calgary	42/22/pc	38/21/pc
Dublin	52/41/pc	55/43/pc
Geneva	41/35/c	36/28/sn
Moscow	28/22/sn	26/23/sn
Rome	59/45/s	55/41/t
Sydney	77/63/pc	81/64/pc
Tokyo	60/49/pc	63/50/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

NATACHA PISARENKO/AP

LOOKING UP: Ema Calderon, left, and her daughter Cecilia Zuvic-Norton not only share the same taste in plaids, but they also have the same fashion genes. Get it?

Style Over Miles

Binding family together with a needle and thread

For Cecilia Zuvic-Norton, family history is held together with a needle and thread — and a little lace.

Zuvic-Norton, 30, comes from a grandmother and mother who design clothes that, until recently, were worn only by family members in Argentina. Now, the designs of her mother, Ema Calderon, who lives in the Argentine state of Santa Cruz, are available at a boutique in Raleigh, N.C. And designs by Zuvic-Norton are sold at the same store.

It's a tale of success with its own international wrinkles: Calderon has found a retail outlet for her one-of-a-kind items for the first time at the age of 57. Zuvic-Norton has found her way back to design after years of shying away from it.

"It's like a dream for me to be able to show my clothes in the United States," Calderon says.

Zuvic-Norton agrees: "That's it, D-R-E-A-M."

Zuvic-Norton found her way back to the sewing machine when she fell in love with an American man doing a journalism internship in Argentina. She moved to the U.S. and looked for a job to hold her over so she could plan her wedding in Argentina. She landed at Galatea, selling clothes at the Raleigh boutique. She wore her mother's designs: They caught owner Cheryl Fraser's attention. So, she took a chance and started selling Calderon's items.

HONING THE IDEA

There were cultural differences — sizing, for instance. Calderon's extra larges tended to be more like an American medium at first.

Calderon also struggled to translating her ideas to clothes that suit American women. "I had to observe a lot in the United States — the sizes, how American women carry themselves — and try to put Argentine culture into clothes for American women," she says.

Calderon likes rickrack trim, flourishes such as small feather pompoms on the ends of zippers that run up the back of a tunic and sensible touches like pockets. Prices range from about $60 for a purse to $300 for a sweater or evening gown.

FOLLOWING FOOTSTEPS

As she marketed her mother's clothes, Zuvic-Norton felt an urge to design. She and a friend, Sarah Powers, started a label called Urbana Apparel, making T-shirts that Zuvic-Norton sews and embellishes with touches such as lace and ties. Powers, an artist, does silk screens of abandoned buildings in the area that adorn the items.

They make the clothes from bamboo, organic cotton and linen. Prices range from $70 to $150.

The work takes Zuvic-Norton back to her childhood.

"When I'm at a sewing machine, it sounds like it used to sound when my mom and my grandmother used to sew," Zuvic-Norton says. "It's relaxing." MARTHA WAGGONER (AP)

Home

Get Your Fleece On

Somewhere, Missy Elliot just groaned at the title of chapter five (above) of **SEW WHAT! FLEECE** ($19). Hey, at least it's not "May the Fleece Be With You" or "Baby Got Fleece" — those are chapters one and six. This bright and sassy book aims to be what "Stitch 'n' Bitch" was to knitting: i.e. sewing fleeces is the coolest! In a frank and friendly voice, the book explains why working with the cuddly cloth is da bomb ("it is a liberating experience"). Projects vary from plush mittens to elfish booties. There's even a "Pooch Pillow" for your pup. Although, if your dog is anything like our friend's coonhound, it doesn't stand a chance. KRIS CORONADO (EXPRESS)

Holiday

Bottles With Edge

If you're ever in Atlanta, be sure to stop at the World of Coca-Cola (Woccatlanta.com), aka "the Coke museum." There, you will learn more about Coke than you ever forgot about algebra, the Pilgrims and sentence diagramming combined. One fact you will encounter is that Coke was originally packaged in rectangular bottles called the "**HUTCHINSON DESIGN**." This month, the vintage vessels will be resurrected for the holidays, and they're undeniably cool-looking — post-soda, they'd be fine candle holders or vases. But while it'll be 1899's bottle, it won't be 1899's formulation, with the teensy traces of cocaine. HOLLY J. MORRIS (EXPRESS)

Look out Online

readexpress.com

site specifics

MUSIC

Classical Rock

The Section Quartet might be a string quartet and might use classical instruments to play rock songs, but it's definitely no Muzak-like ensemble. Express contributor Tony Sclafani compared scores and riffs with Section founder Eric Gorfain before the quartet plays DC9 on Tuesday. | COMING UP

FREE RIDE

Metro Stresses Safety

This week, Metro is hosting a series of events for National Escalator/Elevator Safety Awareness Week to remind riders of the precautions they should take when using the mechanical people-movers. Express' Michael Grass has the details and some cautionary tales. | ONLINE NOW

ENTERTAINMENT

Overpowered by Punk

"I enjoy being pushed to the limit and being at my wits' end," said Against Me singer-songwriter Tom Gabel. The gritty frontman talked to Express contributor Katherine Silkaitis about punks, sellouts and "New Wave" before Against Me's 9:30 Club show on Tuesday. | COMING UP

comment board

"The key word here is 'adult'. Knowing where one came from can help determine where one goes."

COMMENTER FREEMAN, WHO ADDED, "AS AN ADULT, ONE SHOULD BE ABLE TO DEAL WITH [ADOPTION ISSUES]."

"A better idea would be a federally managed system where birth parents and adoptees could opt in or out for contact."

COMMENTER TEL, WHO ADDED, "THERE IS CURRENTLY NO SUCH SYSTEM. ... THERE SHOULDN'T BE AN ABSOLUTE REQUIREMENT, OR MORE CHILDREN WOULD BE ABORTED."

"Not a day has gone by since [my son's] birth that he has not been in my thoughts, but I have stopped actively searching for him because I believe that the right to know is his, not mine."

AN ANONYMOUS COMMENTER, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "SHOULD ADULT ADOPTEES BE GIVEN ACCESS TO THEIR BIRTH RECORDS BY STATES?"

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

SHOULD ADULT ADOPTEES BE GIVEN ACCESS TO THEIR BIRTH RECORDS BY STATES?

SEE HOW YOUR METRO STATION VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**

Blog LOG

"It shows how vulnerable a poverty-stricken [nation] can be to the terrorist impulse and how easily [al-Qaeda] could inflame ... tensions."

CAPTAINSQUARTERSBLOG.COM REACTS TO THE RECENT ARREST OF MILITANTS WITH SUSPECTED LINKS TO AL-QAEDA IN NIGERIA.

MARK J. TERRILL/AP

"[I]nstead of letting these kids ride with Britney, just let them ride a bull or mount their car seat to a roller coaster."

IDONTLIKEYOUINTHATWAY.COM NOTES THE LATEST FLASHPOINT IN BRITNEY SPEARS' LIFE: **TMZ.COM** CAUGHT SPEARS DRIVING THROUGH A RED LIGHT WITH HER KIDS IN THE BACK SEAT.

"THE THIEF does not take her Wall Street Journal or New York Times and pilfers mainly the Post on weekends and certain weekdays, sometimes just pulling out the advertising supplements."

BUCKINGHAMHERALDTRIB.BLOGSPOT.COM DETAILS THE PATTERNS OF A BALLSTON-AREA NEWSPAPER THIEF.

"NOT ALL people born between 1980 and 1995 fit this stereotype, and I'm sure there are a lot of bosses who don't cater to employees who refuse to jump when told to jump. It is interesting that companies are starting to notice that younger generations have different expectations than their parents."

TEACHERLINGO.COM/BLOGS/BETTYB REACTS TO A "60 MINUTES" PIECE ABOUT HOW "MILLENNIALS" ARE HAVING TROUBLE ADJUSTING TO THE MODERN WORK FORCE.

"IT'S A WELCOME development that the media is starting to hold [Condoleezza Rice's] feet to the fire over some of the garbage that's gone down in the State Department."

1115.ORG ON RECENT REPORTS OF MISMANAGEMENT AT THE STATE DEPARTMENT.

Discussions

Redskins Report

Post NFL editor **CINDY BOREN** was online Monday to discuss Sunday's Redskins loss against the Eagles and what to do about Joe Gibbs.

Is it time for Mr. Gibbs to go? As Tom Boswell wrote Monday " ... the killer instinct and the half-time adjustments are just gone. Gibbs seems to be coaching not to win but not to lose. Am I misreading this?

I don't think you are misreading this. I've staunchly defended Gibbs — it's so unusual to be the voice of reason! — and I'll continue to do so for a while longer (even though Sunday's game was one of the most poorly coached I've seen in a while). The Redskins are in the thick of things in the NFC playoff picture. I see no reason to think that'll change before the third week of December.

Can we finally admit that this is a mediocre-to-poor team that has only two quality wins and a QB who can't hit an open receiver further than 15 yards from the line of scrimmage?

They're a B-minus, C-plus team. If you divide the NFL into thirds, I think they're at the bottom of the middle group.

I disagree with your assessment that the team has talented players. Can you name one Redskin who other teams have to game-plan for? Both lines are average, at best. They don't have a pass-rusher. When James Thrash and Keenan McCardell are your deep threats, you have a problem.

You're right about the lines and the lack of a pass-rusher. But the secondary is loaded, and the wide receivers not named Thrash and McCardell are very talented. The problem is ... they're all injured.

TODAY ON DISCUSSIONS: Liza Mundy catches up with the family of one victim of the April Virginia Tech shootings at 11 a.m. | **washingtonpost.com/discussions.**

DO

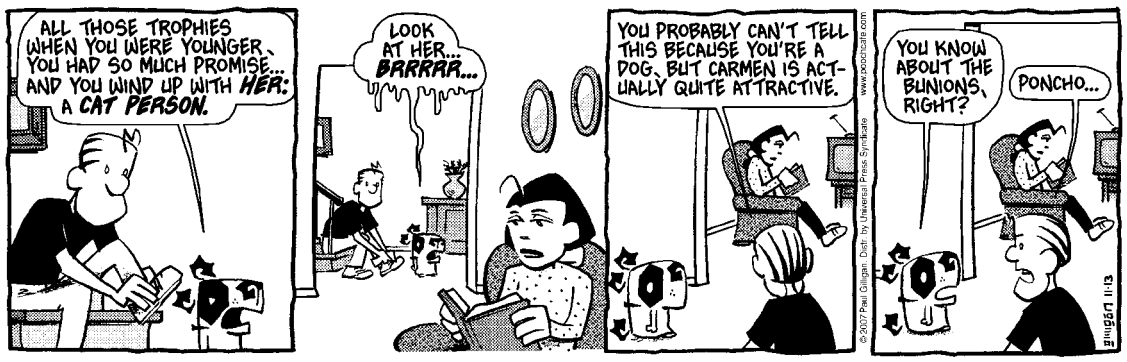
GET OUT TO MOUNT VERNON — EVERYONE'S DOING IT. After a four-year, $110 million fundraising campaign, attendance at George Washington's Virginia estate has climbed 18 percent in the past year. Officials expect the millionth visitor to come Tuesday to see the digitally enhanced exhibits.

Look out

Bizarro | *Dan Piraro*

Cornered | *Mike Baldwin*

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*

The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

SCORPIO (Oct. 23-Nov. 21) You'll receive a challenge from someone who is eager to engage with you and proceed in a competitive vein. Be sure everything is on the up-and-up.

SAGITTARIUS (Nov. 22-Dec. 21) Avoid being too wishy-washy. Make a decision early on — if only for show — and stick to it, no matter what. Be firm, resolute.

CAPRICORN (Dec. 22-Jan. 19) It's important to prove your stability and faithfulness early. There are those who may doubt you unless you demonstrate such traits.

AQUARIUS (Jan. 20-Feb. 18) Keep yourself streamlined and disciplined all day long, and you'll very likely better last week's performance altogether.

PISCES (Feb. 19-March 20) Long-range decisions may be difficult to come by. Focus instead on the little things that, when added up, can amount to a lot.

ARIES (March 21-April 19) There is no reason to feel ashamed about anything at this time. Be honest with yourself and with others about your own circumstances.

TAURUS (April 20-May 20) Communication is essential all day long. You cannot afford to miss out on any developments simply because you were out of the loop.

GEMINI (May 21-June 20) It is best if you overlook another's shortcomings as much as possible. Focus on that which is positive and productive.

CANCER (June 21-July 22) Look closely at the various ways numbers and letters can be combined. Such small coincidences may have a major effect on you all day long.

LEO (July 23-Aug. 22) You may be restricted in an unusual and unexpected manner by someone who claims to be in a position of authority. Question legality, here.

VIRGO (Aug. 23-Sept. 22) You may be trying to be too subtle in your approach at this time. Be more direct, and those who need to will surely get the message.

LIBRA (Sept. 23-Oct. 22) You mustn't underestimate the power of a positive attitude. The more you say yes, the more others will want to include you.

GETTY IMAGES

The Vietnam Veterans Memorial was dedicated on the Mall on this day in 1982.

Today in History

1789 Benjamin Franklin writes in a letter to a friend, "In this world nothing can be said to be certain, except death and taxes."

1927 The Holland Tunnel opens to the public, providing access between lower Manhattan and New Jersey beneath the Hudson River.

1956 The U.S. Supreme Court strikes down laws calling for racial segregation on public city and state buses.

1982 The Vietnam Veterans Memorial is dedicated on the National Mall in Washington, D.C.

1997 A musical stage adaptation of the Disney film "The Lion King" opens on Broadway.

2006 President Bush leads a ceremonial groundbreaking on the National Mall for a memorial dedicated to slain civil rights leader Martin Luther King Jr.

PostPoints DAILY CODE MI

Look out | People

GETTY IMAGES

We'd love to see her with Pete Doherty.

TRADING DOWN

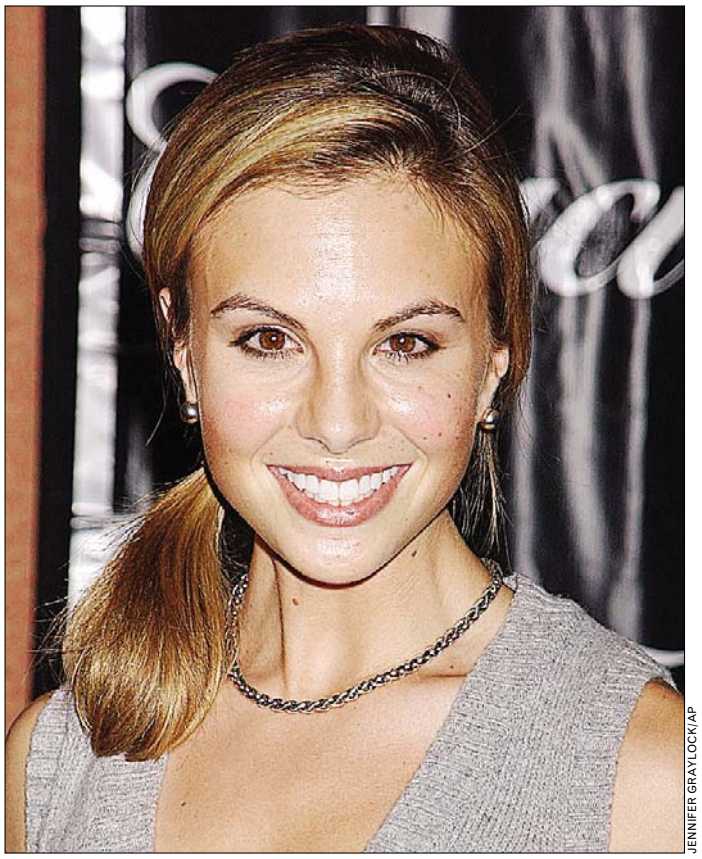
Winehouse Deserves Far Badder Boy Than This One

BLAKE FIELDER-CIVIL — far better known as the husband of **AMY WINEHOUSE** — has had his trial for a summer bar fight postponed, E! Online reported. A London judge put off the proceedings when a defendant was arrested for witness tampering last week. (AP)

GOODBYES

West's Mother Passes Away

The mother of **KANYE WEST** may have died of complications related to a surgical procedure at a hospital, a coroner's official said Monday. West died Saturday at age 58 in Marina Del Rey, Calif., after she stopped breathing at her home. She was taken to the hospital by paramedics. (AP)



JENNIFER GRAYLOCK/AP

WHAT SHE LOVES THE MOST

I Named Him 'Me'

ELISABETH HASSELBECK has revealed the name of her newborn son: Taylor Thomas Hasselbeck. Hasselbeck called "The View" Monday to announce the name. The baby was born Friday at an Arizona hospital. The 30-year-old Hasselbeck — typically chipper but sounding tired — said she was in labor for what seemed like "four or five thousand hours." (AP)

PRECOCIOUS

Dion's Boy Embarrassed To Be Seen With Mom 10 Years Early

Celine's trapped in the wind tunnel again. Sigh.

CELINE DION says her 6-year-old son, Rene-Charles, has started to realize not everyone's parents appear on TV or are recognized by the public. "He's got to share his mom and dad most of the time when we go out," she said Monday on "The Oprah Winfrey Show." "And that's why he doesn't want to go out a lot. I notice he always wants to stay home." Dion, 39, is married to Rene Angelil, who also manages her career. The couple were wed in 1994. Her "A New Day" show, which opened in March 2003 at Caesars Palace in Las Vegas, will close Dec. 15. (AP)

COGNITIVE DISSONANCE

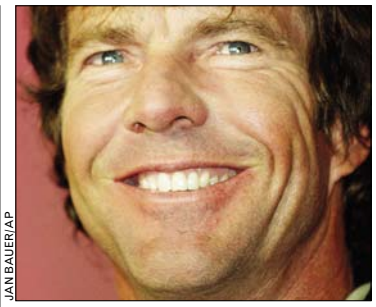
Brad Pitt Likes to Think He Allows Media to Ignore Him

ANGELINA JOLIE brought Brad Pitt to the London premiere of her movie "Beowulf," but he let her have the limelight. "It's so, so nice to see all these fans here, it always is," she said. "I haven't been here for a little bit. I lived here for a few years, and I do plan to come back more often." Pitt, dressed in a gray flat cap, stood back. "I'm off duty tonight," the 43-year-old actor told reporters. (AP)

JOY

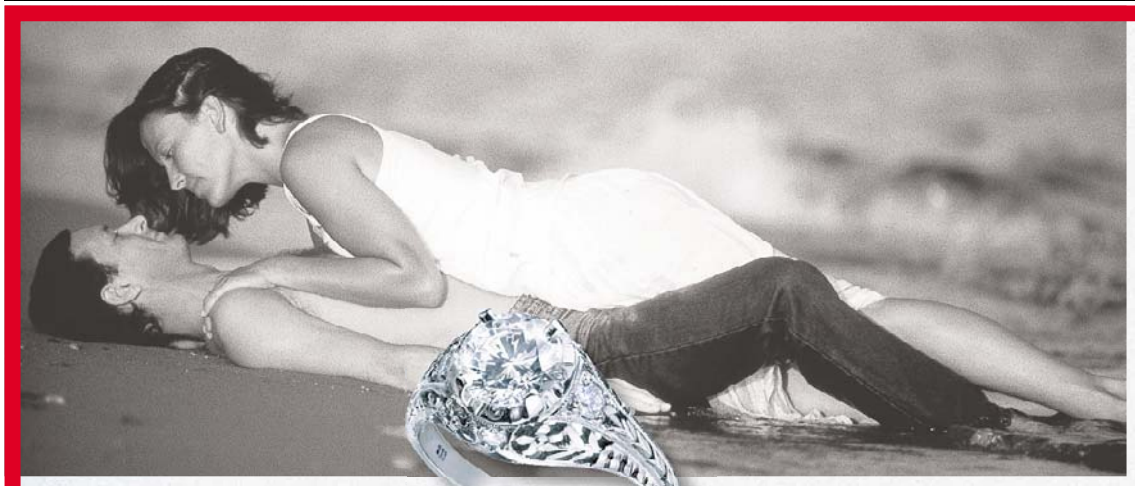
Quaid and Wife Welcome 2 Trendy Baby Names

DENNIS QUAID and wife Kimberly welcomed twins Thomas Boone and Zoe Grace on Thursday in Santa Monica, Calif., said Quaid's publicist. The couple are the biological parents of the twins, who were born to a surrogate mother. "God has definitely blessed us," the couple said in a statement. (AP)



JAN BAUER/AP

If only he'd known Elisabeth Hasselbeck's kid's name before choosing.



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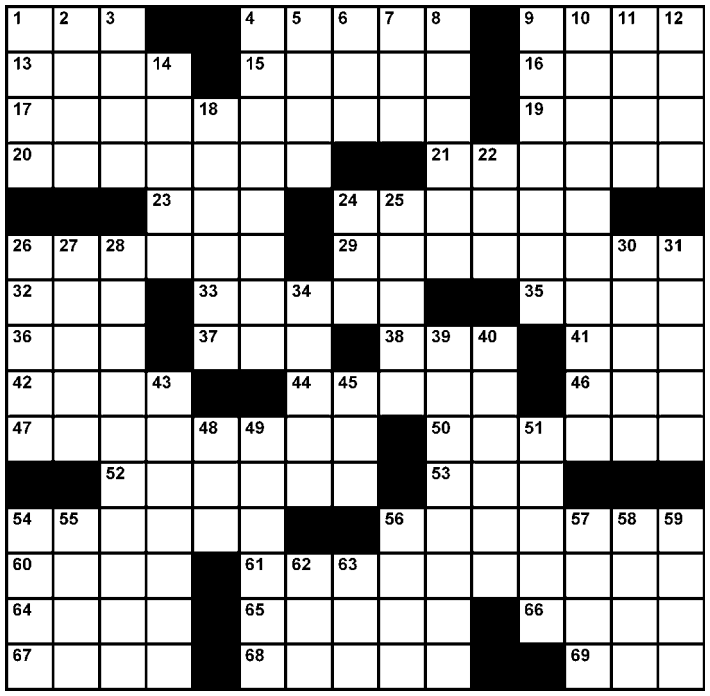
EDITED BY TIMOTHY E. PARKER



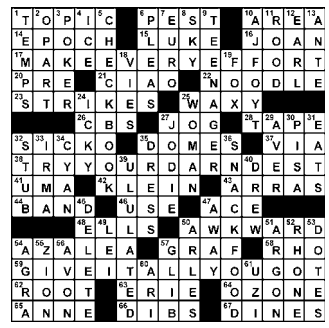
ACROSS

1 Real-life "Best in Show" org.
4 Elude a tag, in a way
9 "Hey, mister!"
13 J.F.K. and R.F.K.
15 Flower's protective leaves
16 Sooners' st.
17 Hardcover's covering
19 Thailand, formerly
20 Put into motion
21 Come into existence
23 Lousy pick?
24 Prevail
26 It stops a run
29 Backed
32 Freudian topic
33 Needed to say "oops"
35 WWII battle site
36 Chicken-king connection
37 Brit. military decoration
38 Tokyo's former name
41 Aurora's counterpart
42 College mil. group
44 Proverbial battlers
46 Do an impression
47 Emulates an eagle on the attack
50 Disguised, in a way
52 Fuddy-duddies
53 "How horrid!"
54 "Hogan's Heroes" setting
56 Spinning-wheel attachment
60 Loser in a fictional upset
61 Game for ringers
64 Beggar's request
65 Kind of offer
66 Ooze
67 Map section
68 Song and dance
69 Some people reach for it

DOWN

1 "Fernando" band
2 McDonald's mogul
3 Aquatic bird
4 Spreads around
5 "Chantilly ___"
6 Variety
7 Easter egg application
8 Reach
9 Pretenders
10 Chophouse offering
11 Coal mine waste
12 Unlikely to bite
14 Pepe Le Pew, for one
18 Incarcerated
22 Field call
24 "___ Geordie"
25 Word with "card" or "finger"
26 Goes like the dickens
27 Subtly illuminated
28 Bearer of heraldic devices
30 Marry in haste
31 Delivered a drug
34 Perez or O'Donnell
39 In a coy manner
40 Plains Indians
43 The Fonz, compared to the rest
45 Printing measures
48 Org. for The Shark and Tiger
49 Tourist magnets
51 Bygone rulers
54 "Pygmalion" writer
55 Fictional piece
56 Royal Russian ruler
57 Anonymous John and Jane
58 Onionlike plant
59 Catch sight of
62 Doggie-bag morsel
63 "Blame It on ___"

Yesterday's Solution



SUDOKU | MEDIUM

© PUZZLES BY PAPPOCOM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

	6	5	7					
					3	2	8	
		1	9		2			
9	2						5	1
		3				7		
6	8						9	3
			1		7	9		
	1	6	4					
					6	1	7	

Yesterday's Solution

4	7	9	2	8	3	1	6	5
2	6	1	4	9	5	7	8	3
3	5	8	7	1	6	9	2	4
7	2	3	8	5	1	4	9	6
6	1	4	9	2	7	3	5	8
9	8	5	3	6	4	2	7	1
8	9	6	1	4	2	5	3	7
5	4	7	6	3	9	8	1	2
1	3	2	5	7	8	6	4	9

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Box-step your way to a slimmer body on a dance floor **E5**

Must-haves for a quick post-gym cleanup **E10**

Power up your legs by jumping into plyometrics **E4**

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KEEP THE POUNDS AWAY THIS HOLIDAY WITH SPLURGING STRATEGIES AND COOKING TIPS **E8**

UNINVITED GUESTS

GETTY IMAGES

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

No Allowance For a Week, Mom and Dad!

Q I've been very frustrated with my parents recently. They're both semi-retired and are making bad lifestyle choices in terms of finances and their health. My mother drinks much more now than ever before (which is saying a lot), and my father spends their savings on gadgets and short-lived hobbies. They live only an hour from me and are still relatively young, and it's very annoying to watch people you love drive themselves into a hole. — HELP!

ERIC REECE

It's undoubtedly hard to see people you love making decisions that might hurt them, and even harder when those people used to be the ones who were responsible for keeping you from doing the same.

But you first have to give yourself a break and remember that they're not children, and you are not their parents. Your job is to express your opinion and be supportive, not force change on people who are unwilling. (And you don't have the luxury of a time-out or a suspension of Nintendo Wii privileges.)

Nonetheless, you love them and want to help and, most of all, it must hurt to see them doing this to themselves. Tie all those instincts together by sitting down for a talk with them or writing a letter; express your concerns gently and without judgment.

Have some small suggestions or requests ready (encouraging/destigmatizing counseling would be a huge favor, along with suggesting or even setting up a medical checkup for your mother), so that it doesn't feel like you're knocking them down without helping them up. Check in regularly, offer support jointly and individually, reach out to any mutual friends and family that might be able to join the cause and, finally, just hold your breath.

To Reveal or Not to Reveal

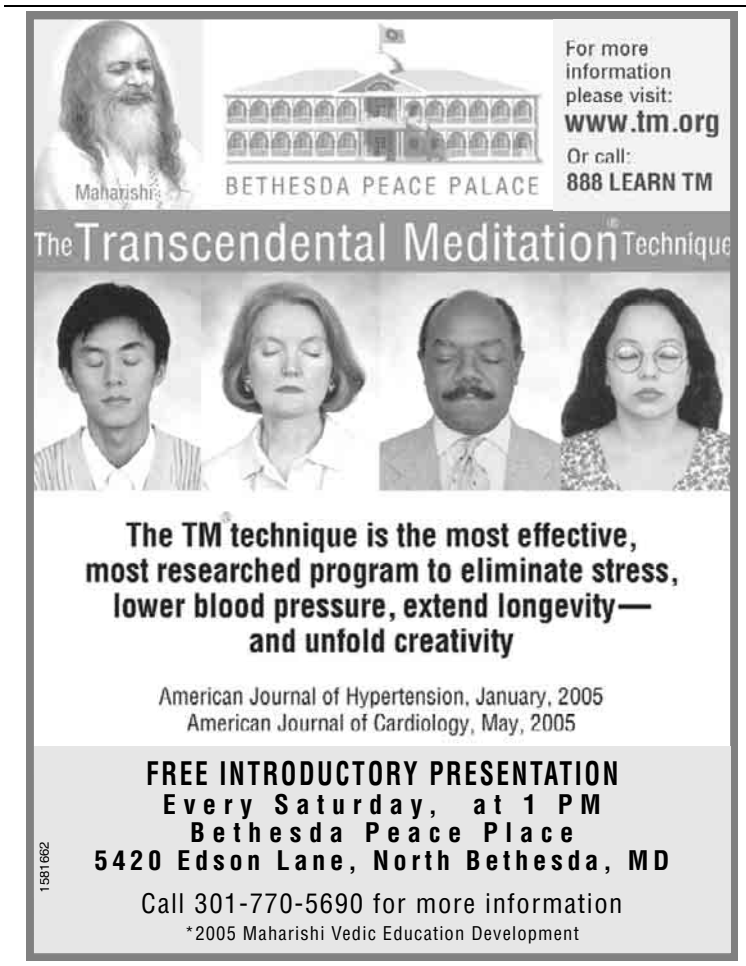
Q My husband and I have been married almost four years and are in counseling. We are working hard in this endeavor and I like the counselor, but there is a big possibility that we will be separating, at least temporarily. I have not told any of my friends or family members, because several of them are either newlyweds or engaged, and it's not only embarrassing but also disheartening for me to talk about our problems. I'm getting very stressed about the holidays and how I will deal with these people. I feel like I've betrayed them by not being honest until this point but, at the same time, part of me wants to just pretend and lie and not tell them anything yet. — CAN'T FIGURE IT OUT

It's completely your decision how much — and what — to reveal to your friends and family, especially since the work you're doing on your marriage is still in progress. You must do a cost-benefit analysis (Special Holiday Stress Edition!) of whether remaining silent is actually going to make things tougher for you, by adding further stress and perhaps denying support that could really help you get through this time.

You don't mention your husband's stance on things — would he even be willing to get involved in a "Three's Company"-esque ruse of play-acting about who's living where, when you both might rather be at a John Tesh concert than carving turkey together?

Ultimately, you'll have to figure out what you really want this time of your life to be like — not just in holly-ridden photo opportunities, but emotionally — and determine whether there are a few people you can let in to make that happen.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



Goods | fit

NEW IN HEALTH

warm ups

HEAT SEEKERS

Just one thing separates a gloomy, cold Sunday from a perfect autumn afternoon: a toasty coat. Fight off the chills with outerwear from Nike's ACG line (that's "All Conditions Gear"), available exclusively at Dick's Sporting Goods. This orange number is the Caledonia Systems Jacket ($200), suitable for sledding or just a walk around Georgetown.

SUPER JUICED

Snapple's new "Super Premium" juice drinks ($1.40) boast blends — Peach Mangosteen, Noni Berry, Goji Punch and Kiwi Pear — that support either immunity (with extra vitamin A) or metabolism (with caffeine and low sugar content). They tasted to our testers like generic Snapple, if somewhat less syrupy sweet.

ROOM TO GROW

Couches and coffee tables aren't typical yoga props, but Eva Barash shows you how to make the most of an Ikea-furnished space on "Living Room Yoga" ($15, Razor Fitness). The perky pixie's main routine is suitable for any room, but it's only for those with some mat experience.

WALK STEADY

Stuck at work for so many hours that you can't get to the gym? Get your boss to spring for the new Walkstation ($6,500, Details-worktools.com), which integrates an adjustable-height desk with a treadmill. The idea is to walk slooooowly (like, 1 mph) throughout the day, so you can log miles without getting distracted from your deadlines.

GUINEA PIG

Too-Cool Front

■ We laughed uproariously at the "Feel the Eyedrenaline" slogan on the Rohto eye drops Web site, whose craven pandering to 20-something males made our eyes hurt. The site and the television commercial clearly target hard-partying snowboarders who are too Xtreme for Visine. But, being frequent eyedrop users/abusers, we tried them anyway.

We first popped open the bottle of Rohto Ice (all are $7, Rite Aid), meant for itchy, irritated or burning eyes; this description most closely approximates Visine A.C., which we use on a near-daily basis. "Xtreme" is, in fact, a not-inaccurate description: It was cooling in the aggressive manner of Vicks VapoRub, Altoids, antifreeze and dry ice. It was so powerful that tears dribbled down our cheeks and our noses ran. Redness abated, but the drops themselves were too irritating for repeated use. The cooling gimmick was more effective in Rohto Cool (for eye strain — even snowboarders need office jobs to fund their habit), which was like a splash of icy-cold water for the eyes. HOLLY J. MORRIS (EXPRESS)

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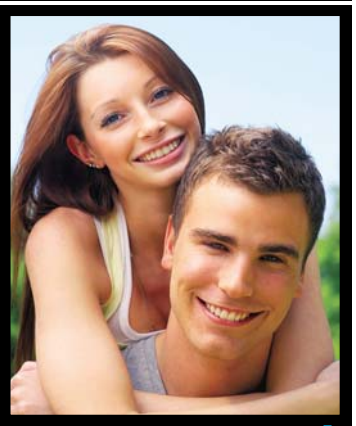

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THE MISFITS

Whack Crack

Q I am wondering what happens when you crack your neck, why it provides relief, what the consequences might be, and whether there are any dangers. I got into the habit in high school, and now, 13 years later, I am completely addicted. — SUSAN

■ Your noisy neck routine falls somewhere between reading trashy tabloids and biting your nails. It seems smart to kick the habit, but the consequences aren't so dire. "There are things we have good explanations for," says orthopedic surgeon Steven Scherping of the Georgetown University Hospital Spine Center. "This isn't one of them."

That sound you hear is caused by stretching the capsules around the small joints in your neck. Why it causes pleasure (it may have something to do with putting the joints in motion or creating a massage effect) and what the long-term effects could be are still medical mysteries.

Scherping suggests you find an alternate way to create the sensation that has kept you doing it for 13 years. If patients can't stop on their own, he often recommends they visit a chiropractor, massage therapist or acupuncturist. James Larmour of Larmour Chiropractic in Fairfax Station offers this as a possible remedy: Roll up a towel on top of an ice pack and rest your noisy joints on it. That promotes the natural curve of the neck and relieves discomfort.

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at misfits@washpost.com.

VITALSTATS

10

THE NUMBER OF LITERS OF DANDRUFF-CAUSING FUNGUS RESEARCHERS AT PROCTOR & GAMBLE BEAUTY GREW TO SEQUENCE ITS GENES.

LAWRENCE LUK/EXPRESS

John Johnson leads the charge during the ladder portion of class. Participants also will jump backward and sidewise before moving on to other power-building exercises.

Hop, Skip and Jump

To practice plyometrics, get ready to spend time in the air

Work it Out

The ground is a lovely place to hang out, but sometimes it's nice to get away — even if you can manage to travel only a few inches. Whether that involves hopping, bouncing or leaping, getting comfortable with airtime gives you a jump on the competition.

WHAT IT IS: The basic definition of plyometrics is the explosive lengthening and then shortening of muscles to build power. Instructor Will Noel's definition is a 45-minute class, of which 20 minutes are spent in the air. Every possible kind of jump is fair game, so students spring forward, backward, side to side and in circles, also honing their agility as they build their strength.

MOVES: Just bopping up and down would get boring, so Noel has an endless array of variations. There are the typical jumps — he might have folks hop back and forth over a rolled-up mat for several minutes — but there are also lunge jumps, football shuffle steps, speed skater jumps (a lateral move combined with arm swings), mountain climbers (running in place with your hands planted on the ground) and clock jumps (on an imaginary clock face, you have to swivel your body to land on the hour he barks out). And the upper body gets it, too, when he orders a set of push-ups with claps in between reps.

Noel's favorite toy is a ladder he spreads out across the studio floor so students can work on accuracy. As they make their way through the rungs, they have to be carefully controlled to land in the right spot, as opposed to other exercises, in which he might have them do broad jumps with distance as a goal. These changes don't just make the class more engaging; they also spread the workload among more muscles. The ladder jumps get at the glutes and hips, while broad jumps target the quads.

> "I feel like this class helps people who play any active sport."

WORKOUT: No part of the leg feels neglected after one of Noel's sessions. "You never have to do another squat again," promises regular Lindsay Keever, 25. And the grunting and panting that starts up within the first few minutes of the class don't stop until class is dismissed, no matter how buff and tough the students may be. If you're not ready for a move, or have a body part that's not cooperating, Noel has plenty of modifications available. But if you want to go all-out, you can be sure he'll make that happen.

Plyometrics sounds like it should be painful, but while soreness is a certainty, the bouncing around is amusing enough to keep minds occupied. "While it's challenging because you're changing direction midair [for clock jumps], you don't even think of it because you're figuring out where six o'clock is," Noel says.

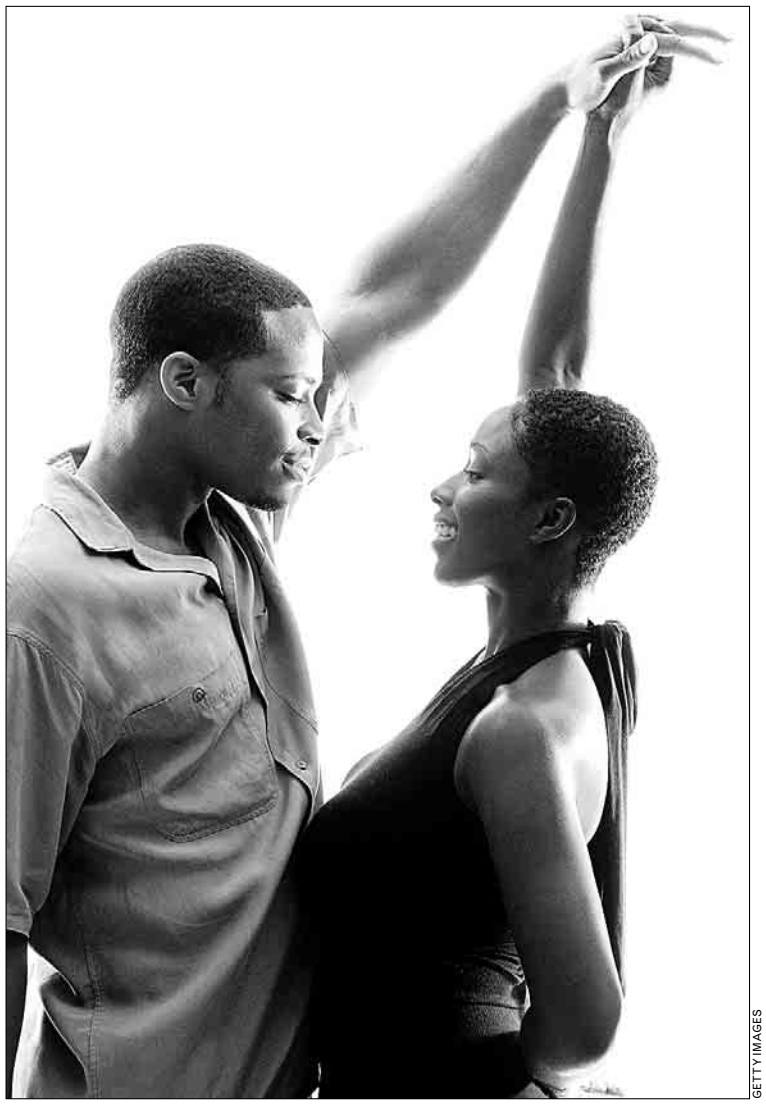
CROWD: Like many of the students, Kamran Naim, 29, comes to improve his athletic abilities — he says it's already helped his tennis game by making him quicker on the court. John Johnson, 32, agrees: "I feel like this class helps people who play any active sport." But some show up just for a pure cardio kick. It's also one of the rare group exercise classes that attracts an equal balance of guys and gals, probably because everyone could use a lift in their fitness routines.

VICKY HALLETT (EXPRESS)

Plyometrics can be found at Mint Fitness (1724 California St. NW; 202-328-6468; Mintfitness.com). The class is offered Thursdays from 5:15 p.m. to 6 p.m. Nonmembers can buy a day pass for $30.

Waltzing Works Out

Ballroom dance booms as folks realize it can be slimming to salsa



GETTY IMAGES

The schmaltzy strains of "Moon River" flow from the speakers as couples start to waltz in a studio in Santa Monica, Calif. Under a mirrored ball, they glide across the hardwood floor with perfect posture, silently mouthing the rhythm: one, two, three; one, two, three.

The scene's different over the hill in Los Angeles' San Fernando Valley. Twenty women, mostly clad in black workout pants and sneakers, sweat profusely to a spirited jive step as "Proud Mary" blasts and their teacher screams, "I need attitude!"

Both classes are part of a full-tilt ballroom dance revival. Thanks in part to the popularity of shows like "Dancing With the Stars," ballroom has gone from stodgy to sexy.

Southern California dance studios are experiencing a steep uptick in the demand for classes. And somewhere between a box step and a crossover turn, people are discovering that ballroom offers a great, not-too-tedious workout.

"The idea that you have to go to the gym and get on the stair-climber or take an aerobics class is silly," says John Jakicic, chairman of the department of health and physical activity at the University of Pittsburgh. "There is some evidence that almost any kind of dancing has a very high-energy expenditure to it, and the activity is continuous for at least minutes at a time, so there are cardiorespiratory changes going on."

The amount of calories burned varies by type of dance. "The more you can get the whole body shaking, the better off you'll be," Jakicic says. But no matter the style, dance works postural muscles in the back and abdomen, and because legs are moving constantly, they should get toned as well. (Still, Jakicic adds, if you're dancing only a few times per week, "you need to do stuff on other days — take a walk outside.")

Two studies have reported that ballroom dance, on the elite level, is an intense workout. In one, published in a 2002 supplement of the journal Medicine & Science in Sports & Exercise, Danish researchers tested elite amateur ballroom dancers' heart rates and blood lactate levels. The physical demand was considerable and dancers achieved high levels of aerobic and anaerobic activity. (Latin dances scored highest.)

Exertion is likely to be less intense for beginners. But even after half an hour of a waltz class at the Dance Doctor studio, students are smoothing back hair off of moist foreheads.

Ellen Vash, who lives in Santa Monica, started dancing two years ago. "Within six months, my clothes started falling off me," she says. "I lost 15 pounds and went down three sizes." Dancing five days per week triggered other healthful behaviors. She noticed she was more flexible in her yoga class. And her stamina has improved. "Now I can dance for three hours straight and not even think about it," she says.

A class titled cardio ballroom, taught by former "Dancing With the Stars" dancer Louis Van Amstel, offers especially intense workouts. Van Amstel and actress Lisa Rinna, his dance partner on the show, came up with the concept — it's structured like an aerobics class, no partners needed. Van Amstel leads this high-energy, hour-long workout at Anisa's School of Dance in the San Fernando Valley. It begins with a warm-up, and then segues into basic salsa, cha-cha and jive steps, progressively adding variations, all to speaker-busting levels of Mariah Carey, Cher, Gwen Stefani and ABBA.

"We realized that ballroom works on a fitness level," Van Amstel says after a recent class, his shirt and pants soaked with sweat. "It's the best way to make people lose weight because you're not really here for a fitness class; you're here to dance."

JEANNINE STEIN (LOS ANGELES TIMES)

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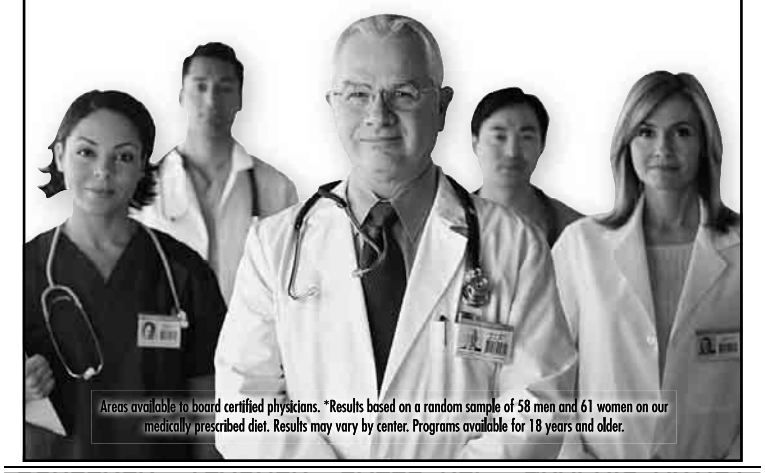

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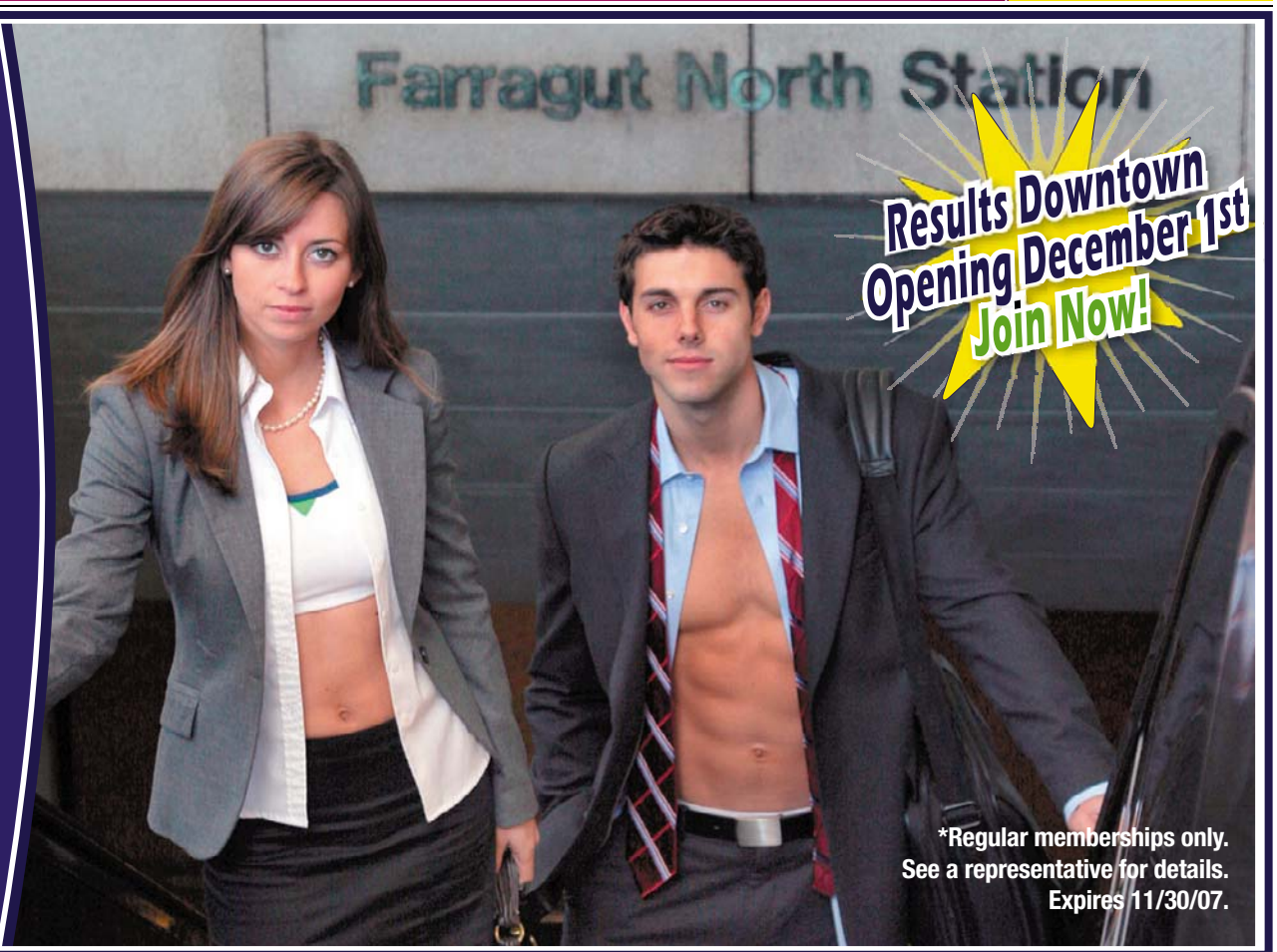

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Cooking Up a Healthy Holiday

Kitchen tricks to make a meal nutritionists and your fam will love

Whenever glasses clink over holiday smorgasbords, the accompanying toasts generally reference wishes for good health. Yet, if people stopped to look down at their plates, they'd see their meals as odes to clogged arteries and love handles. It's possible to be jolly without getting a Santa stomach, but that requires checking out recipes to figure out what's naughty and what's nice.

Ethan McKee, the chef at Rock Creek at Mazza, which dishes out health-conscious cuisine year-round, says certain technique tweaks can slim down a menu. He braises his sweet potatoes in vegetable stock, herbs and garlic, so when he purees them, he can ditch the traditional butter. He brines meats to boost flavor without adding loads of extra calories. And when he wants to create a "creamy, rich mouth-feel," he grabs some nonfat yogurt. "You can add that to your mashed potatoes for a little tang," he says.

> "Add some nonfat yogurt to your mashed potatoes for a little tang."

The big bird might get most of the attention at family gatherings, but second helpings are more nutritious if the veggies get a boost. Take cauliflower, says McKee: "Sliced and sautéed with olive oil and some raisins and almonds is really an awesome thing. They think of it as blah, but instead it's all caramelized and a little crunchy."

Assorted root vegetables roasted with thyme and rosemary is another autumnal treat, and butternut squash soup can be a light first course. Just follow McKee's example of eschewing cream in favor of a dash of curry powder, because the gourd's texture is decadent enough on its own.

Lightening up desserts presents a greater challenge because sweet teeth are particularly demanding. McKee has two tricks: cutting portion sizes and swapping in Whey Low — an all-natural sugar substitute with a quarter of the calories.

For more tips on secret sweeteners, talk to Christina Giallourakis, founder of Inspire Nutrition (Inspirenutrition.com), which offers nutrition consulting and cooking classes in the D.C. area. On the schedule for Tuesday night is "Delectable Desserts," a crash course on using a wide variety of healthier sugar substitutes, baking with whole grains and whipping up dairy-free dishes even the lactose-tolerant will love.

Her hands-down fave? Agave, the sweet nectar derived from cacti. "It pours easily and dissolves quickly. I'll get a glass of water, put in a squeeze of lemon and some agave, and I have natural lemonade," she says.

Other recipes call for maple syrup (like her specialty flan, which also uses kuzu and agar) and brown rice syrup. "Because these come from whole foods, they don't cause the quick spike in blood sugar," she explains.

If cholesterol is more on your mind than calories this season, pick up "Olive Oil Baking" ($20, Cumberland House) by Lisa Sheldon. Pouring the golden Mediterranean staple into your batter instead of a bucket of butter can significantly reduce the amount of saturated fats in your cookies and other holiday treats. And don't worry — your brownies won't taste like olives. "I always use extra virgin olive oil, which is very fragrant and flavorful. And it really enhances the flavor, especially if it's a fruit dessert," Sheldon promises.

Chef Ethan McKee shows off a plate of Rock Creek's sea bass, which is prepared with preserved lemon, another one of his favorite ways to add flavor, not calories.

The real hurdles are consistency and texture. Some of her recipes call for extra water or vanilla extract to act as a bonding agent, and olive oil-baked goods tend to be a bit crunchier than the originals. "Some people love that, but I'll add in pumpkin or applesauce to get in more moisture," she says.

WIth proper portions, any treat is fine.

The appendix of the book offers Sheldon's take on some classic recipes, Nestle Toll House Chocolate Chip Cookies and Snickerdoodles. She encourages readers to use the conversion tables to make over holiday favorites, too. But if that family fruitcake just doesn't taste the way you remember it, don't feel like you have to ditch tradition completely. Just keep your slices under control.

VICKY HALLETT (EXPRESS)

CUTTING CALORIES

Get Festive, But Keep Your Figure

■ Stuffing might look good in a turkey. But in you? That's not so appealing. Madelyn Fernstrom, director of the University of Pittsburgh Medical Center's Weight Management Center and a contributor to iVillage, offers her thoughts on surviving the season.

A potluck is your ticket to making sure there's at least one healthy dish. For a cocktail party, Fernstrom suggests veggie platters with a low-fat dip or, for more formal affairs, a grilled lean protein like chicken. All-dessert functions don't need to wreck your diet — just bring an apple cake instead of a triple-chocolate one.

When you're walking into a party without knowing what's in the recipes, don't quiz the chef about whether he used whole milk in that pudding. "You don't want to cross-examine people. Just accept the food and let your taste buds be your guide," Fernstrom says. "If it tastes too indulgent, it probably is."

A bite or two of almost anything won't hurt, but portion control is critical, especially if you're party-hopping. Fernstrom has two stock responses to overeager hosts: "Give me just a taste or I won't have room for everything else" and "I'm so full now, I have to take a break." If all else fails, offer to take it home for later. (And then feel free to dump it.)

ISTOCK

Red and green veggies: sorta Xmas-y.

Heavily spiked eggnog might be the only way you can manage a conversation with your creepy cousin, but be most vigilant about booze. Not only do the calories add up, but they also weaken your willpower when you end up near the gingerbread. Fernstrom's picks — light beer and wine spritzers — might not seem quite as festive, but you'll look better in that tacky reindeer sweater when New Year's rolls around. V.H.

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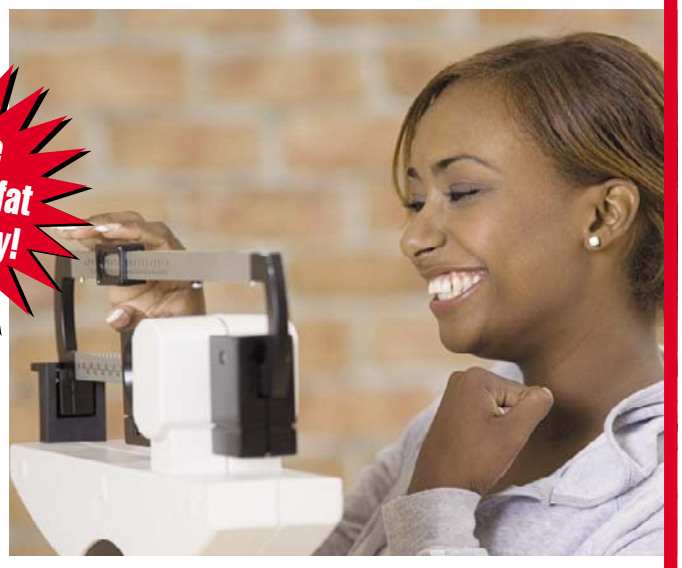

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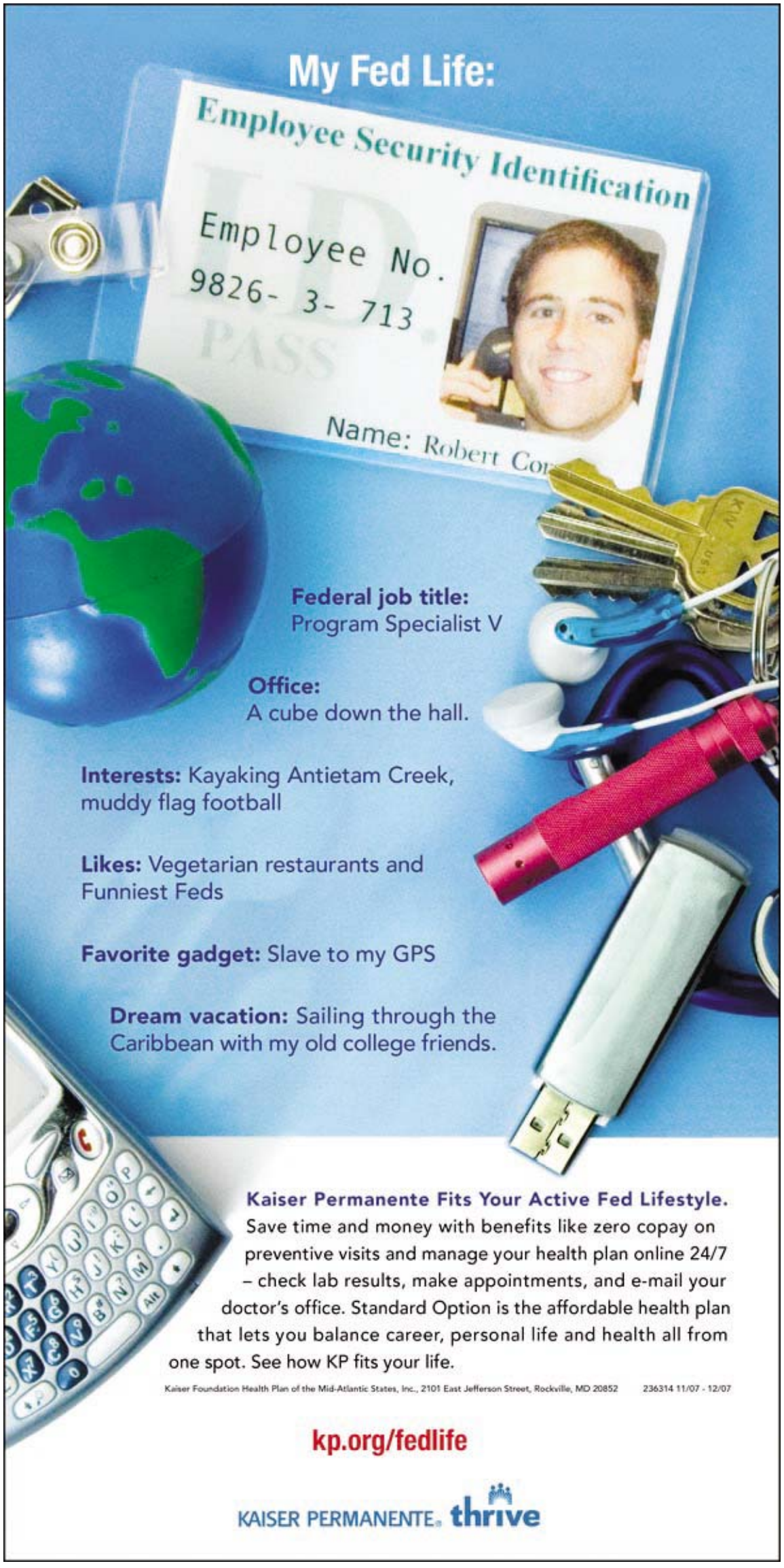

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Get the Red Out

Face red and shiny? This duo has you covered. The concealer and powder in Tarte Yellow Mellow redness correcting set ($25, Tartecosmetics.com) cancel out blotchiness. And the surprisingly absorbent Beauty Rush Oil-Blotting Sheets ($7 for 50, Victoriassecret.com) soak up oil and sweat without ruining makeup.

Skip Stickiness

Don't waste time with goopy body lotion: Spray on the cooling ModelCo Skin Drink Airbrush Moisturizer ($30 for 230 milliliters, Sephora.com). If you still feel swampy, dust on a thin layer of deodorizing Dr. Hauschka Body Powder ($33 for 1.7 ounces, Drhauschka.com).

Clean Up Quick

Take Dove Cool Moisture Body Wash ($4 for 12 ounces, Drugstore.com) to the shower. It contains cucumber and green tea to soothe riled-up skin. Or forget the shower and clean up with tangy-smelling L'Occitane Green Tea Refreshing Towelettes ($8 for 15, Loccitane.com).

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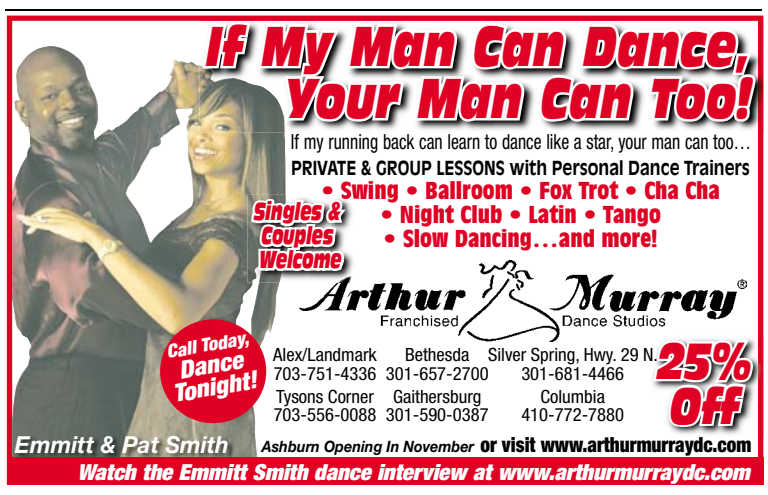

Sunny Moods Aren't Meds

A good attitude won't cure certain kinds of cancer, researchers report

Hoping to strengthen their stressed-out immune systems, many people with cancer join support groups, attend yoga classes or take other steps to lift their moods. Do these mind-body interventions help prolong life? A recent study of 1,093 patients with advanced head and neck cancer suggests they do not.

The report, published in October in the journal Cancer, found no difference in life expectancy of patients with a strong sense of emotional well-being compared with those with high levels of emotional distress.

Interpreting the findings, lead author James C. Coyne, a psychologist at the University of Pennsylvania, said that it was unlikely that stress-reduction activities would prolong patients' lives. The study should reassure cancer patients who blame themselves when the disease overtakes them, Coyne added. "People are told to have a fighting spirit, and if the disease beats them, they think it's their fault," he said.

Researchers have been studying the role of emotions in cancer for more than 20 years, with mixed results. Yet many patients and their doctors are convinced that a patient's emotional state influences cancer progression, a belief reinforced by a plethora of self-help books.

In theory, the notion makes sense. Chronic worry and depression release stress hormones that tamp down the immune system. So, it seems reasonable to expect that a reduction in stress would boost the body's natural defenses. In fact, research in healthy people has found that stress can slow wound healing.

It's well accepted that stress or depression increases the risk of heart disease. A population study in the Journal of the American Medical Association last month reported that chronic job strain doubled the chance of a second heart attack or unstable angina.

"There is a connection between what we think and feel and the immune system," said Lorenzo Cohen, director of the integrative medicine program at the University of Texas M.D. Anderson Cancer Center in Houston.

Accumulating evidence indicates that mind-body interventions might help some cancer patients at least feel better. In the journal Cancer in 2004, Cohen reported that lymphoma patients who participated in a Tibetan yoga program slept sounder and longer, and required less sleep medication than patients in a control group.

More than two dozen trials have examined the effects of mind-body interventions on cancer survival, but many of the trials have been small and complicated by the fact that some study patients were sicker than others or received different treatments.

> "If the disease beats them, [patients] think it's their fault."

Coyne said findings in head and neck cancer might not apply to other kinds of tumors. Cancers fed by hormones, such as prostate cancer and some breast cancers, might be susceptible to hormonal changes related to depression and chronic stress, he said. Some scientists think chronic stress or depression also might have a role in skin, ovarian or kidney cancers. "I don't want to throw a wet blanket and say emotional well-being doesn't matter," Coyne said.

Support groups and other interventions might reduce stress and provide a meaningful sense of community, he said. But, he added, "if you attend a support group in the belief that you are increasing your survival, you are going to be disappointed."

DENISE GELLENE (LOS ANGELES TIMES)

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The Humane Society of the United States has worked since 1954 to promote the protection of all animals. With 10 million members and constituents, headquarters in the nation's capital, regional offices from coast to coast, and a family of affiliate organizations working around the globe, we celebrate the human-animal bond and confront animal cruelty in all of its forms both at home and abroad.

We work to reduce animal suffering and create meaningful social change by advocating for public policies to protect animals, investigating institutional and individual acts of cruelty and abuse, supporting the efforts of local animal shelters and humane organizations, educating consumers and retailers, and sending animal rescue teams into the field whenever and wherever disaster strikes.

We have made many advances on behalf of animals, but our work is far from done–and we need your help to continue creating a truly humane society.

Please support our work by designating #11894 for your CFC contribution.

Celebrating Animals | Confronting Cruelty

THE HUMANE SOCIETY OF THE UNITED STATES

humanesociety.org

One Word Can Make All the Difference

"Ian, stop!" yelled LTC Scott Campbell of the United States Army as his nine-year-old son Ian bolted from a sidewalk and on to a busy street. An SUV was heading directly into the path of the youngster and for a moment appeared that it would crash into him. But with just a second to spare, Ian stopped and a tragedy was averted. LTC Campbell rushed toward his son and pulled him back onto the sidewalk and realized just how lucky they were that Ian had stopped. He also realized how fortunate they were that thanks to the Applied Behavior Analysis therapy that Ian had received, Ian now had progressed far enough that he was able to recognize and obey a command like "stop."

LTC Scott Campbell with his son, Ian.

Ian suffers from autism and has been non-verbal his entire life. Autism is a developmental disability, and it normally becomes apparent before a child reaches the age of three. Race, socioeconomic level, family income, lifestyle, and education levels are not factors in the development of autism. The exact cause of it is unknown, and presently, there is no cure for this lifelong disability. However, as LTC Campbell has discovered there are various ways to treat and to improve the symptoms.

A person with autism is likely to wander off from home, school, or in Ian's case when just walking down the street with his family. This phenomenon is known as elopement and sadly, it is a very common problem. What makes it even more dangerous is many people with autism are unable to communicate, and are left with no way to inform anyone of who they are and where they live. They also commonly do not recognize and comprehend dangers, such as running onto a busy street.

The Campbell family is fortunate to be involved with a Combined Federal Campaign of the National Capital Area (CFCNCA)-supported agency that helps parents of children with autism in Northern Virginia. The agency has worked to improve the quality of education for students with autism. It provides training for public and private educators and parents, and also holds monthly support group and information meetings to provide parents with a forum to talk with other parents dealing with this condition.

The CFCNCA-supported agency provides parents a forum to talk with other parents dealing with autism.

"I have found that one of the best sources of information has been other parents, who truly understand how autism affects not just their child, but the entire family," says LTC Campbell.

LTC Campbell has made numerous presentations to military families that have children with autism to help provide them access and safety information on the disability. "I am deeply concerned about the safety issues for these children with an Autism Spectrum Disorder, and am happy to help other families by providing training," says LTC Campbell. "I'm also extremely thankful that there are organizations out there that can train public and private school educators and parents as well as advocate for improvements in the services delivered to students like Ian." ★

POAC of Northern Virginia

Parents Of Autistic Children of Northern Virginia
http://www.POAC-NoVA.org/

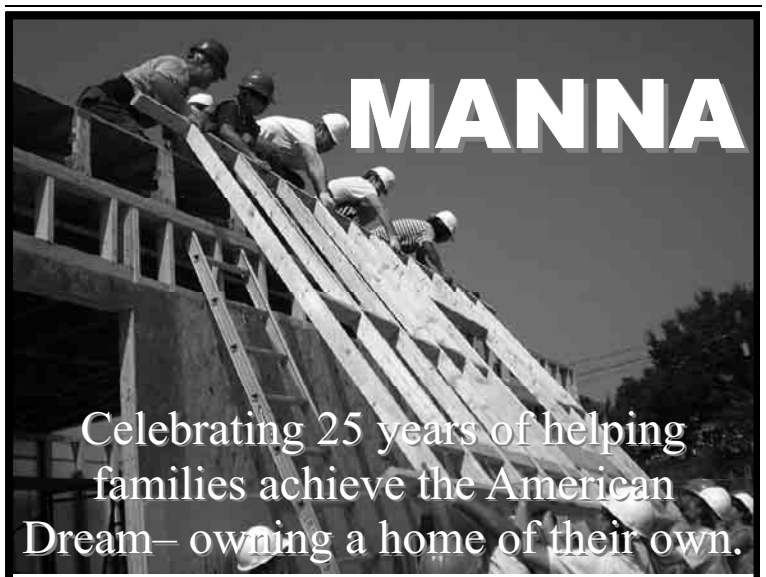
Autism
Now Affects
1-in-150 Births

- A donation of $13 a week introduces four teachers to the training needed to effectively educate children with autism.
- A donation of $25 a week will help train four therapists to assist children in acquiring basic skills to greatly improve their quality of life.

95% of your donation goes directly to improving the lives of children with autism through better education!

CFC # 32289

Since 1996, POAC-NoVA has supported the families affected by autism in your neighborhood!



Help us build and preserve affordable *HOMEOWNERSHIP* housing in the nation's capital. Support Manna (**#80363**) through the CFC

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Washington, DC 20018

202-832-1845
202-832-1884 (fax)
www.mannadc.org

CFCNCA Reaches for the Stars on its Way to $60 Million Goal

Reports about the continued generosity of Federal donors come into the Combined Federal Campaign of the National Capital Area (CFCNCA) headquarters minute-by-minute detailing their contributions, and how people will be helped next year thanks to the CFCNCA. As of November 8th, the total amount of donations is approaching the $13 million mark, with more than 29,500 participants, signifying the campaign is well on its way to exceeding the record level of contributions made in 2006. More than 21,900 people have now made payroll deduction pledges totaling nearly $11.8 million. The average gift at this point in the campaign is $404.

In addition to its goal of $60 million, CFCNCA has set the following benchmarks for the 2007 campaign:

- Reach all 349,000 potential Federal employee donors with an informed opportunity to give;
- Increase the participation rate from 47 to 49 percent;
- Increase the average gift by five percent, from $360 to $378; and
- Increase the overall number of donors by an additional 5,000 to 8,000 employees.

All CFC participating charities have new five-digit code numbers, which replaced the former four-digit codes that charities had used for many years.

CFC 5
The Power of Five
NEW 5-Digit Charity Codes:
More Charities, More Choice

Volunteers are key to success

These numbers could not be possible without the tireless efforts of a large corps of CFCNCA volunteers including Campaign Managers, Coordinators, Team Captains, and Keyworkers. All volunteers receive extensive training prior to the start of the campaign during which they learn their key objectives and how to help reach the campaign's $60 million goal.

This year, volunteers also received training related to the change in charity code numbers. The Office of Personnel Management (OPM) assigned all CFC participating charities new five-digit code numbers, which replaced the former four-digit codes that charities had used for many years.

OPM has made this change to improve the efficiency and effectiveness of the CFC. This change does away with the simultaneous use of duplicate codes by different local campaigns and expands the number of available codes, eliminating the need for OPM to reclaim codes from local campaigns to make them available for federations. These new codes mean that all charities have met the rigorous CFC criteria, and whether they were screened locally

Building on Your CFC Contribution

Gifts to the VFW Foundation can strengthen our Military Assistance Program through initiatives such as ***Operation Uplink*** (delivers free long-distance phone cards to deployed troops and hospitalized veterans) and ***Unmet Needs*** (covers emergency and unexpected expenses of military families).

The Foundation also:

- Provides annual student scholarships and teacher recognition through the **Voice of Democracy** audio-essay scholarship and **Patriot's Pen** written-essay competitions.
- Promotes patriotic events and activities involving **flag education**, teaching the **Pledge of Allegiance** to school children and awareness of **Memorial Day** and **Veterans Day**.
- Provides significant funding to VFW's **National Veterans Service** (NVS) for the training of service officers from across the country. NVS assists thousands of veterans in obtaining access to medical care and compensation for disabilities suffered while in military service.

VETERANS of FOREIGN WARS FOUNDATION

www.vfwfoundation.org

Combined Federal Campaign No. 10511

UCP United Cerebral Palsy®
Life without limits for people with disabilities™

As one of the largest health charities in America, United Cerebral Palsy advances the independence, productivity and full citizenship of people with disabilities.

United Cerebral Palsy, through its national network of affiliates, provides direct services every day to more than 170,000 children and adults with disabilities and their families, is a pivotal advocate for the rights of persons with any disability,and is the leading source of information on cerebral palsy.

CFC# 12004

A Proud Member of Community Health Charities®
WORKING FOR A HEALTHY AMERICA

or nationally, OPM has verified that each charity is listed in the current Internal Revenue Service database of organizations. The new five-digit code is assigned to the charity for the life of that charity, even if there are years when it does not participate in the CFC.

Because pledges made using the old four-digit codes will not be honored, it was a top priority for campaign staff and volunteers to spread the message about the new code numbers.

More than 467 Keyworker training sessions were held weeks before the campaign kicked off on October 2nd. As of November 8th, 11,147 volunteers have been trained. These volunteers are critical to the success of the campaign because they are the Combined Federal Campaign (CFC) lifeline between people who need help and people who have the power to give it.

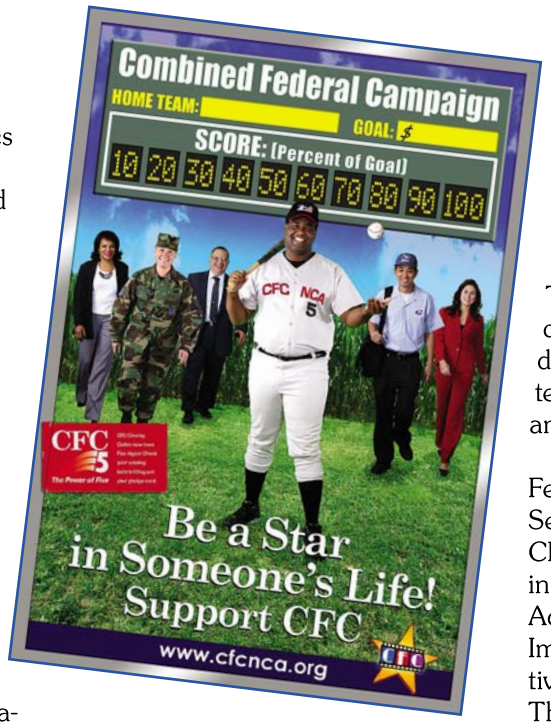
Vince Micone, chairperson of the Local Federal Coordinating Committee, says, "The 2007 campaign is particularly important to local charities. The thousands of charitable organizations in the CFC depend on Federal donors to help those in most need in our communities. CFC contributions help to feed the hungry, tutor kids in local schools, build parks, and clean our waterways. In ways too many to count, CFC makes a difference in the lives of others.

"Federal employees are being called on to 'Be a Star in Someone's Life.' As I see it, you are already stars, and we are asking you to take your turn on stage—serving your communities, your Nation, and the world by donating your time, talents, and treasure to the CFC," adds Micone.

Finding it all on cfcnca.org

Each year improvements are made to the campaign to enhance volunteer training, increase participation, and encourage donations to CFC-supported charities. To help meet these goals, the CFCNCA website has been filled-to-bursting with information volunteers and prospective donors need about the campaign, the participating charities, and how to search for a charity and make a pledge online.

Also featured on the website are personal stories from Federal employees who have been helped by CFC-supported charities; recaps of campaign kickoffs and special events at Federal offices around town; a fully searchable listing of the more than 3,600 charities participating in this year's campaign; and a special message from President George W. Bush to Federal employees endorsing the CFC and encouraging them to participate in this year's campaign. There is also a full complement of campaign materials available for download, including campaign posters, tent cards, logos, training guides, and the *2007 Catalog of Caring*.



Sample 2007 CFCNCA goal poster. Each department or agency determines its individual goal and charts their progress toward meeting that goal.

"With campaign kickoffs at different Federal agencies spread out from late September until early November, the CFCNCA slowly builds momentum in the early stages," explains Renée Acosta, president and CEO of Global Impact, the campaign's administrative organization. "However, after Thanksgiving, we will be getting $5-$6 million in pledges per week."

Visit www.cfcnca.org, find one or more charities that support causes that are important to you, and *Be a Star in Someone's Life!* Support CFC and those who benefit from your generosity year after year.★

"A MIND IS A TERRIBLE THING TO WASTE."®

Like you, these students were born with limitless potential.

Donate today and help educate our talented young people to be the very best they can be.

Designate your CFC contribution to UNCF: 10672
www.uncf.org

UNITED NEGRO COLLEGE FUND
"A mind is a terrible thing to waste."

Some people see this only in terms of calories…

but to others, it is the key to surviving from one day to the next.

Last year, SOME (So Others Might Eat) provided 289,115 meals for hungry children, women and men in our nation's capital.

Count your blessings… not your calories.

To make a tax-deductible contribution, call (202) 797-8806 or visit www.some.org

Please designate SOME - CFC #74405 - United Way #8189

SOME

Restoring Hope & Dignity One Person at a Time.

Honorary Chairperson Walks the Walk

Admiral Thad Allen is a notable presence on the campaign trail

Admiral Thad Allen, commandant of the United States Coast Guard and 2007 Honorary Chairperson of the Combined Federal Campaign (CFC), has made his presence known during this year's fundraising drive. From throwing out the first pitch at a Washington Nationals baseball game on September 21, to delivering the keynote address at the Department of Defense's CFC kickoff, to videotaping messages of encouragement, Admiral Allen has been front and center when it comes to promoting the CFC in 2007.

"I'm proud I had the opportunity to represent an organization that helps to improve the lives of others. Events like the kickoff at the baseball game make more people aware of the campaign and all the good it provides to those in need," said Admiral Allen.

Admiral Allen took time out of his busy schedule to tape a mid-campaign video message that is addressed to Campaign Managers and other CFC volunteers. The text of this message is as follows:

Hello. I'm Admiral Thad Allen, commandant of the Coast Guard and Honorary Chairperson of the 2007 Combined Federal Campaign.

This year's campaign is nearing its mid-point, and I'd like to thank each of you for all your hard work in what you've accomplished so far.

We are on track for another great year, but now is not the time to slow down our efforts.

We must continue with the same energy and determination that brought us this far. We need to double our efforts to ensure all donations are processed in a timely manner.

We can meet or exceed our goals for this year through:

- Great leadership
- Great campaigning
- Great creativity
- Great events

CFCNCA Honorary Chairperson Admiral Thad W. Allen speaks at the Department of Defense kickoff.

You have already demonstrated tremendous creativity, determination, and leadership. I ask you to keep it up as we approach the final stretch of this year's campaign.

By serving as a volunteer and by giving from your heart, you bring light into someone's life.

Through your own generosity, you stand behind those organizations working to improve the lives of others.

Now, as we head into the final stretch, I ask you to keep the momentum going through the holiday season and into our January extension period.

I'm proud of the work we are doing together and I'm proud to be a Federal employee.

Thank you for making the 2007 Combined Federal Campaign the greatest it can be.

Admiral Allen's call to CFC volunteers to keep up the momentum comes from the heart. In addition to acting as Honorary Chairperson for CFC for the last two years, Admiral Allen's long-standing record of volunteer work ranges from assisting programs that advance children's literacy to promoting the services of the United Service Organizations.

When it comes to walking the walk for the 2007 CFC, Admiral Allen is leading by example, and has certainly taken the campaign theme of "Be a Star in Someone's Life" to heart. ★

Real Change Begins Here...

Through disaster relief, medical aid, hunger relief, water wells, orphan care and community development programs, OBI is on the frontlines providing relief in real time for those hurting in the U.S. and around the world.

- *Top four-star rating by Charity Navigator*
- *Ranked as top 50 U.S. charity by The NonProfit Times*

Operation Blessing International
800-730-2537 CFC#10530 www.OB.org

Pentagon News Televises Kickoff

$13.2 million is the goal for the Department of Defense

The Pentagon Channel's news division was on hand to cover the Department of Defense's (DoD) 2007 Combined Federal Campaign of the National Capital Area (CFCNCA) kickoff. The event, held in the Deputy Secretary of Defense Conference Room at the Pentagon, signaled the start of their campaign where campaign leaders announced their goal of $13.2 million.

Deputy Secretary of Defense Gordon England hosted the day's festivities and Michael Donley, the director of administration and management, acted as the master of ceremonies. This year's CFCNCA Honorary Chairperson Admiral Thad Allen, commandant of the United States Coast Guard, added some words of inspiration that got the campaign off to a rousing start.

"Donating through the Combined Federal Campaign through payroll deduction is a voluntary commitment to make a difference in the lives of others. Your efforts will make more people aware of the campaign and all the good it provides to those in need," said Admiral Allen during his address. "Those of you in this room will help us reach more than 80,000 uniformed and civilian employees at DoD. As such, you are the proverbial hot corner of this campaign."

(Left) Department of Defense announces their $13.2 million goal for the 2007 CFCNCA. (Top) Deputy Secretary of Defense Gordon England hosts the Department of Defense kickoff event.

The Pentagon Channel featured the event on their evening report and has been kind enough to provide CFCNCA with the footage, which can be viewed at www.cfcnca.org.★

For 60 million Americans, asthma and allergies are serious, chronic diseases. Now there's hope. Visit www.aafa.org today to get free information about research, prevention and treatment .

aafa Asthma and Allergy Foundation of America®

CFC #10583

for life without limits™

ONE DAY

SHE WILL WIN A SEAT IN CONGRESS

RIGHT NOW

SHE'S WINNING HER BATTLE WITH LUPUS

More than 1.5 million Americans have lupus — enough people to fill RFK Stadium 30 times. The disease can attack men, women and children. Yet, there is no cure for lupus and no single test to diagnose it. Help us to find a cure and provide support and services for all people affected by lupus. Call the Lupus Foundation of America at 888-38-LUPUS or visit us online at www.lupus.org to learn more.

[DESIGNATE CFC]
#10566

LUPUS™ Foundation of America, Inc.

The Fund for Animals, founded in 1967, advocates for animals and provides care, veterinary treatment, and rehabilitation for rescued wildlife and companion animals at sanctuaries and rehabilitation centers from coast to coast, including our world-famous Cleveland Amory Black Beauty Ranch. Every day The Fund is helping change the lives of animals. Please help us make a difference.

The Fund for Animals
we speak for those who can't

200 West 57th Street
New York, NY 10019
1-888-405-FUND
fundforanimals.org

Designate
CFC
#11630

Full-Time Fed, Part-Time Actor Hears the Call

"Build it and he will come."

United States Patent and Trademark Office (USPTO) employee, David Oliver Lipscomb, recently heard voices.

"Go the distance."

But unlike Kevin Costner in the movie *Field of Dreams*, Lipscomb knew where the voices were coming from. They were coming from a director who also said things like "Cut!" and "Action!" and "That's a wrap!"

Besides being a 16-year veteran of USPTO, Lipscomb is also a local actor who starred in the campaign film for the Combined Federal Campaign of the National Capital Area (CFCNCA) this year. The film, titled *Campaign of Dreams*, was a play off of the Hollywood classic, *Field of Dreams*. Instead of being instructed to construct a baseball field in a corn field, however, Lipscomb's character heard voices that were urging him to participate in this year's Combined Federal Campaign (CFC) fund drive.

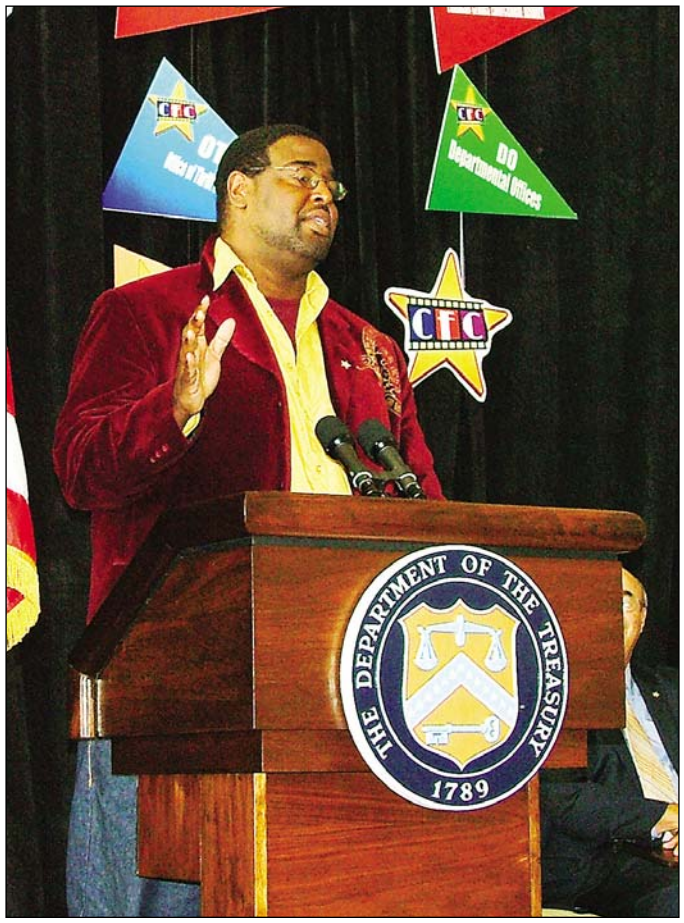
"The ironic thing is, just like the character I played, I really didn't know a whole lot about the CFC before doing the campaign film," says Lipscomb. "I knew they came around once a year with a blue sheet of paper and asked for a donation, but I wasn't ever sure just how the CFC actually helped people."

He can't say that anymore.

"Working on the film and being involved with actual recipients really opened my eyes and allowed me to understand the importance of this campaign to so many people in our area," Lipscomb says. "I fully urge my fellow Federal employees to really look at themselves and see what makes them feel good about helping others. Then see if any of the charities listed in the CFC *2007 Catalog of Caring* cover those areas. In other words, let your passion give you direction."

Prior to volunteering with this year's CFCNCA and starring in *Campaign of Dreams*, Lipscomb had already taken his own passion for acting and put it to good use helping others. He started a foundation that connects people with varied entertainment talents with outlets and contacts that will both allow them to be taken seriously, and give them exposure in the entertainment industry.

"I hope to give people in the Washington, D.C., area a real chance to be seen by the entertainment industry, and most importantly, to be able to entertain the world with all the great talent and skills they have; all of this without any scams or misdirection," says Lipscomb.



Federal employee and part-time actor, David Oliver Lipscomb speaks at the U.S. Department of Treasury kickoff event.

David has taken the message of this year's film to heart and has become an active participant with the 2007 CFCNCA campaign. He has done everything from speaking at numerous Federal agency kickoffs to passing out CFC baseball caps at a Washington Nationals baseball game.

"CFC has made a huge impact with me!" Lipscomb exclaimed. "By playing the lead role in their campaign film, I have been able to use the opportunity to make people see that with hard work and an unselfish mission in your heart, you can make a difference."

"Go the distance" indeed.

To see the film and to learn more about CFCNCA and how your payroll deduction pledge will help those truly in need, visit www.cfcnca.org. Join with your fellow Federal employees in reaching the CFCNCA goal of raising $60 million for the more than 3,600 local, national, and international charities participating in this year's campaign. ★

Agency Provides On-the-Job Support

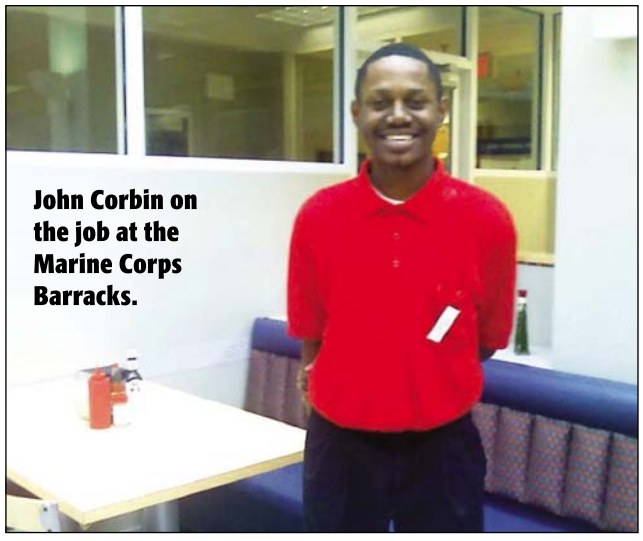
Everyone is a little nervous when they start their first real job, and 22-year-old John Corbin was no exception. But he had lots of people cheering him on—his mother Jinkie Corbin, his supervisor Gerald Warfield, and a job coach provided by the Combined Federal Campaign (CFC)-supported agency that assisted Corbin in getting the job.

Corbin, who has developmental disabilities, has been working in the cafeteria at the Marine Corps Barracks since last year, as part of a Supported Employment program run by a local agency. The organization provided one-on-one training when he first started, and continues to give him assistance on a regular basis. His job coach visits him every week or two at the cafeteria. "She helps me with job support, getting along with people, and tasks," says Corbin.

Corbin's coach says he is progressing well. "When he started, he worked just two days a week. He's a good worker, and now he has a full schedule," she says. "His supervisor says he is a lot of help."

Gerald Warfield, Corbin's supervisor at the Marine Corps Barracks, agrees that his young employee is doing a fine job. "John has a lot of ambition and dedication and it's showing," Warfield says. "At first, it took patience and we had to do a lot of repetition of tasks." But eventually Corbin adapted and is now even training other employees. Warfield adds, "In time, I think he will exceed all our expectations."

When asked what he likes best about his job, Corbin replies that he likes his coworkers, his supervisor, and the friendly atmosphere. As part of his duties, Corbin says he cleans up and sometimes helps serve. "The people are nice and they help out," he says.



John Corbin on the job at the Marine Corps Barracks.

"John has a lot of ambition and dedication and it's showing." *—Gerald Warfield, supervisor*

Jinkie Corbin praises the agency staff, saying they have demonstrated to her and her son three great qualities: passion, patience, and persistence. She says the staff is passionate, "getting excited about what they are doing and the services they are providing for their clients." She also appreciates their patience and persistence, saying they serve each of their clients individually, "helping them to deal with and process life challenges in their own ways," and that they never give up on their clients' ability to do more.

The CFC-funded agency also provides support services for the individual's family. "Put all of this together," Jinkie says, "and you get staff members who deal with each person as an individual on the individual level without giving up on the individual ability," she says. ★

Hot Thanksgiving Dinner for $1.79

No one should go hungry on Thanksgiving — especially when it costs so little to feed a hungry and homeless person.

And a meal is the first step in dealing with the problems of the homeless. Then we help with addiction recovery, job training, education and spiritual renewal.

So please help us care for the homeless —

$16.11 helps feed 9 hungry people.
$26.85 helps feed 15 hungry people.
$51.91 helps feed 29 hungry people.

Just fill in the Thanksgiving Meal Ticket below. Then mail it with your gift today. *Thank you.*

SERVING THE NEEDY SINCE 1906

MEAL TICKET

YES, I want to help feed the hungry and homeless this Thanksgiving season — as a first step to a new life. Here is my gift of: ❑ $16.11 ❑ $26.85 ❑ $51.91 ❑ $_____

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

☐ Check enclosed ☐ I'd like to pay by credit card Amount $ _____

Card type _____ Exp. _____ Card number _____

My phone number: (_____) _____

Email address: _____

Gospel Rescue Ministries of Washington, D.C.
P.O. Box 50940, Dept. XSP11
Washington, DC 20091-0940

THANK YOU!

You will receive a receipt.

CLIP AND MAIL WITH YOUR TAX-DEDUCTIBLE GIFT TODAY.

MEAL TICKET

Mary Tyler Moore
International Chairman

Millions of children are living with type 1 diabetes. They'll never outgrow it. They'll need to check their blood sugar and take insulin shots every day. Their families will worry about the threat of complications like kidney failure, blindness and heart disease. That's why the science JDRF is funding is so critical. Already we've achieved life-changing advances through research. But imagine a cure. And help us move from research to reality. Call 800-533-CURE or visit www.jdrfcapitol.org.

CFC #72140
United Way #8131

JDRF Juvenile Diabetes Research Foundation International

dedicated to finding a cure

Blinded Veterans Helping Blinded Veterans

WORLD WAR II • IRAQ • KOREA
Three generations of blinded veterans at a recent BVA convention.

The Blinded Veterans Association (BVA) was established in 1945 to promote the welfare of blinded veterans.

We are here to help veterans and their families meet the challenges of blindness.

We are the only veterans service organization exclusively dedicated to helping blind and visually impaired veterans rebuild their lives.

BVA 800-669-7079 bva@bva.org

CFC 10513

Capital Hospice Care is about *LIVING!*

CFC # 39664

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- makes frequent trips to the Emergency Room
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- their caregiver/loved one is exhausted

If you can say yes to even one of these choices, we can help. Call today.

Capital Hospice
Referrals and Information
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Serving Northern Virginia, Washington DC and Prince George's County, Md. since 1977
More families choose Capital Hospice than any other hospice in the region.
Nonprofit • Medicare/Medicaid certified • TRI-CARE/CHAMPUS

Loaned Executives Play a Vital Role in CFC

Loaned Executives, or LEs as they are known, are a vital part of the Combined Federal Campaign (CFC). The term describes their function: while still employees of their home agencies, they are "loaned" to the campaign for the duration of the fundraising drive (typically early August to early February). At the end of the campaign, the LEs return to their former positions at their home agencies. These Loaned Executives bring supervisory and leadership skills to the CFC at no cost to the campaign, and they serve as a resource for agency Keyworkers and Campaign Managers, training them in the processes and offering ideas and motivation to run a successful campaign.

LE Pamela Maimer ignites the crowd at the Environmental Protection Agency kickoff.

LEs Come From Varied Backgrounds

LEs come to the CFC in different ways. Pamela Maimer is in a Senior Executive Service Leadership Development Program at the Department of Education, which requires her to do a developmental assignment. "I chose CFC because of the great things I heard from the Department of Education's former LE and the great skills I knew I would learn from the experience," Maimer says.

For some, an announcement comes across their desk at an opportune time. As Barbara Murray, LE from Army, says, "I was in a very stressful job handling billions of dollars for the Air Force corporate structure, and I was on the verge of burnout." She had worked with family and community programs for many years and is a lifetime donor to a specific CFC charity. When she saw the announcement, she knew right away that a temporary assignment of this sort would be the change of pace she needed.

Others, like Ed Sheehan from Department of the Treasury, were asked to consider taking the position in order to help out. Before accepting, Sheehan contacted a previous LE from the agency, who assured him it would be a rewarding experience.

Michelle Gardner-Ince first heard of the LE program when she was asked if she would be interested in being the Office of Secretary of Defense LE nominee. Like Sheehan, she first sought advice from others involved in the CFC and then talked with some of her mentors. "As the only active duty military LE, I also consulted many of my mentors who thought this was a wonderful opportunity to meet people outside of the Department of Defense (DoD) and to peek into the non-profit world," she says.

LEs bring supervisory and leadership skills to the CFC at no cost to the campaign, and they serve as a resource for agency Keyworkers and Campaign Managers.

Agencies hold the LEs' jobs for them during their temporary assignment, but the job responsibilities do not go away. Murray's experience was typical in that she had to convince her boss that critical components of her job would be taken care of, and that she would be back in time for budget planning for

These government executives are "on loan" from their home agencies to provide supervisory and leadership skills to the 2007 Combined Federal Campaign.

the Fiscal Year 2010 cycle. "I have a very competent deputy," she says. "Fortunately, I have a seasoned team of very responsible analysts, and they are doing fine during my absence."

Gardner-Ince adds, "The many wonderful folks at the Defense Technology Security Administration, Management Directorate have seamlessly taken over many of the things I would have been doing."

There is No Typical Day

One thing LEs can count on is that there is no such thing as a typical day. Murray says one day she might visit charities to learn about their services and the next she teaches Keyworkers how to run a successful campaign. Other days she sets up charity fairs and answers the myriad questions from donors, charities, and Keyworkers.

As the LE for the DoD Team C, Gardner-Ince developed the theme that "C Means Connect the Donor with the Need." In order to connect the donor, she knew she would have to connect with the Campaign Managers and Keyworkers. To do that, she spends time with each of them and learns how best to motivate and assist them in reaching their goals.

Sheehan comments that his first challenge was "to understand the different cultures, participation histories, and operating styles of each agency." He adds, "If you remain in the CFCNCA offices, then you are not doing your job." He has found that while some volunteers already know the importance of the annual campaign, others need additional motivation.

Maimer agrees that every day is unique and adds, "I love the pace and the activities we are engaged in."

In summing up their experience, LEs all agreed that knowing that your job directly helps so many people and makes a real difference in the lives of others is extremely gratifying. Maimer says, "I never knew working for the CFC would be so rewarding." She adds, "My friends who see me now comment on how happy and 'switched on' I am when they see me."

"We all have the opportunity to 'pay it forward' through our charitable giving and our volunteering. It doesn't get any better than that!"

— LE Barbara Murray

In addition, LEs cite other benefits, such as the opportunity to work with people from other agencies, hone public speaking skills, and watch the personal and professional growth of agency volunteers as they assume leadership responsibilities.

The LEs are very positive about their experience with the CFC. Michael Khoury, LE from Department of Justice, says the experience has "dramatically changed the way I look at charity fundraising in general and CFC in particular." He adds, "It has also changed my perspective of the importance of private donations in providing services for people. I think most people don't realize just how important individual giving really is in changing people's lives. I know I didn't realize it."

These Loaned Executives come away with a renewed appreciation for the importance of the CFC and the difference each individual can make. As Murray says, "We all have the opportunity to 'pay it forward' through our charitable giving and our volunteering." She adds, "It doesn't get any better than that!"★

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A Star-Studded Start to the Campaign

Kickoffs highlight the beginning of the CFCNCA campaign

Federal agencies across the Washington, D.C., area have begun their annual workplace giving campaigns with a variety of different events. From "Fun Runs" to tug-of-war competitions to symphony concerts, Federal workers have found entertaining and creative ways to begin the 2007 Combined Federal Campaign of the National Capital Area (CFCNCA).

WRC-4 news anchor Barbara Harrison addressed the agency employees at the Federal Communications Commission (FCC) kickoff. Besides performing her anchor duties, Harrison also reports and produces a weekly segment called "Wednesday's Child," which features children available for adoption. In her address she spoke passionately about adoption services and the great work they do. Other highlights of the kickoff were remarks from two FCC commissioners, Deborah Taylor Tate and Michael Copps, who both took time to encourage their fellow employees to participate in this year's campaign.

Employees Jam Kickoffs

The U.S. Department of Commerce held its 2007 CFCNCA kickoff before a standing-room only crowd. Secretary of Commerce Carlos Gutierrez delivered the keynote address and stressed that giving back is an American tradition and CFCNCA is the perfect way for Federal employees to help not only in the national capital area, but all across the world.

David Lipscomb, star of this year's campaign film *Campaign of Dreams*, made a surprise appearance and secretly came on the stage while the audience was watching the film. When the lights came back on he was standing at the podium. "Working on the film and being involved with actual recipients really opened my eyes and allowed me to understand the importance of this campaign to so many people in our area," Lipscomb says. "I fully urge my fellow Federal employees to really look at themselves

The "Commerce Kids" performing at the U.S. Department of Commerce's CFC kickoff.

Since 1954, the Fellowship of Christian Athletes has been making a difference in the lives of athletes and coaches. One way is through our sports camps where we provide a week of "inspiration and perspiration." With your support, we can scholarship athletes to FCA camps who otherwise might not be able to attend. Join us in helping athletes be game ready in sport and life.

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CFC #: 11329
DC United Way #: 8783

national space society
www.nss.org

and see what makes them feel good about helping others. Then see if any of the charities listed in the CFCNCA *Catalog of Caring* cover those areas. In other words, let your passion give you direction."

The event concluded with a performance by the "Commerce Kids." The group of children from the department's daycare center performed three musical numbers and then pulled winning raffle tickets from a basket to the delight of the crowd. Over 30 local charities participated in a charity fair immediately following the program.

Lipscomb was also at his home agency, United States Patent and Trademark Office (USPTO) for the start of its campaign, where he appeared before a full house at the Alexandria, VA, headquarters. Under Secretary of Commerce for Intellectual Property and Director of the United States Patent and Trademark Office Jon Dudas also spoke, and told two poignant stories of how Combined Federal Campaign (CFC)-supported agencies are helping people here in the D.C. area as well as across the world.

The U.S. Department of the Treasury opened its 2007 CFC campaign in its historic Cash Room. A standing-room only crowd enjoyed an excellent program, which featured remarks from Secretary of the Treasury Henry Paulson and last year's CFCNCA Star of the Year DeAnn Malone.

(Top) Federal Election Commission employees dressed up for their Mardi Gras-themed kickoff event. (Right) The U.S. Department of Treasury employees celebrated their kickoff event with cake and popcorn at a reception following their guest speakers.

Malone, an employee of the Internal Revenue Service, has given many hours of her time helping United States service men and women and spoke movingly about their appreciation of her efforts.

In keeping with Treasury's "First Pitch" theme, volunteers had decorated the room in red, white, and blue bunting and offered stadium fare such as hot dogs, popcorn, and Cracker Jacks at a reception following the speakers.

Play Ball!

The national pastime was the theme as

Continued on page 17

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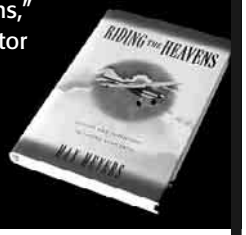

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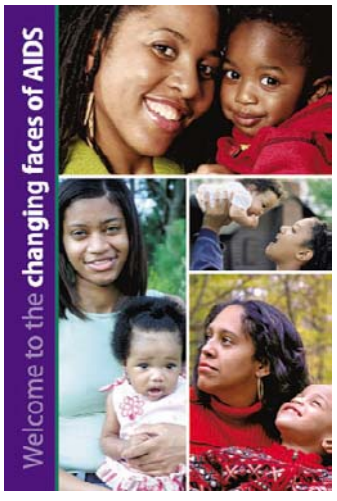

8 out of 10 women and children contracting the AIDS virus are people of color.

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Alaska Conservation Foundation	12062	Earth Island Institute	12065
American Farmland Trust	10631	EcoLogic Development Fund	11432
American Forests	10632	Environmental and Energy Study Institute	10627
American Solar Energy Society	10414	Environmental Defense	10628
Arbor Day Foundation	11443	Environmental Law Alliance Worldwide	11433
Bat Conservation International	12064	Environmental Law Institute	10629
Beyond Pesticides	11429	Forest Service Employees for Environmental Ethics	12066
Center for a New American Dream	12231	Friends of the Earth	12067
Center for Health, Environment and Justice	10633	Friends of the National Zoo	11434
Clean Water Fund	10636	Galapagos Conservancy, Inc. (Charles DarwinFdn)	10961
The Conservation Fund	10630	Green Corps, Inc.	11342
Conservation International	11430	Izaak Walton League of America	10620
Defenders of Wildlife	10624	The Jane Goodall Institute	11103
Earth Day Network	10625	Land Trust Alliance	11435

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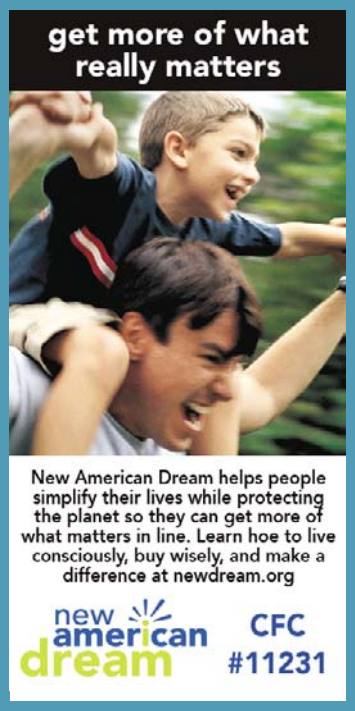

League of Conservation Voters Education Fund	10621
National Audubon Society	12068
National Parks Conservation Association	12069
National Wildlife Federation	10622
Natural Resources Defense Council	10623
The Nature Conservancy	10643
The Ocean Conservancy	11436
The Peregrine Fund	10639
Pesticide Action Network North America	11437
Physicians For Social Responsibility	10640
Rails-to-Trails Conservancy	10641
Rainforest Alliance	11353
RARE	10962
Restore America's Estuaries	12070
Rocky Mountain Institute	11438
Scenic America	11439
The Sierra Club Foundation	12071
The Student Conservation Association	11343
Surfrider Foundation	10642
The Trust for Public Land	11440
Union of Concerned Scientists	10637
U.S. PIRG Education Fund, Inc.	11441
The Wilderness Society	10638
Wildlife Conservation Society	10898
Wildlife Trust	11352
World Wildlife Fund	12072

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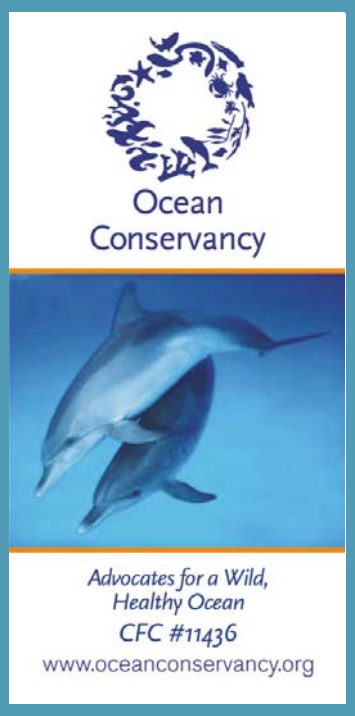

and, air, water and wildlife. www.earthshare.org

Frequently Asked Questions

What is the CFC?

The Combined Federal Campaign (CFC) is the only authorized solicitation of Federal employees in their workplaces on behalf of approved charitable organizations. The Combined Federal Campaign of the National Capital Area (CFCNCA) is the local campaign for Federal employees in the Washington, D.C. area.

What is the purpose of the CFC?

The purpose of the CFC is to support and promote philanthropy through a program that is employee-focused, cost-efficient, and effective in providing all Federal employees the opportunity to improve the quality of life for all.

Why have a CFC?

The annual fundraising campaign helps support a variety of health, human, and other services provided by local, national, and international charitable agencies. This single campaign is one of the most cost-efficient fundraising methods available. It succeeds because volunteers from the Federal workforce combine their resources for one coordinated appeal.

How important is the CFCNCA?

As a Federal employee, you are part of the most significant philanthropic campaign in the world. The CFCNCA is the largest regional program in the entire CFC system, the largest workplace giving campaign in the world. Thousands of charities in the Washington, D.C. area, throughout America, and around the world depend upon your generosity for their very existence.

Last year, you and your coworkers gave just under $60 million to charitable agencies. These charities provide services to every part of our community, and touch every one of our lives. Funding from the CFCNCA is one of the most important sources of revenue for these charities, since your payroll deduction pledges provide a steady income stream throughout the year that helps keep their core programs operating. In short, you've got the power to make our community, Nation, and world a better place.

What is new this year?

There are three items you need to be aware of in 2007.

1. New five-digit charity codes. ALL charities have new, five-digit codes for 2007. Check for your favorite charities' new codes in the *2007 Catalog of Caring* or online at www.cfcnca.org.

2. Limit on overhead expenses eliminated. This year, the Office of Personnel Management (OPM) has eliminated a requirement that charities spend no more than 25 percent of their revenue on fundraising and other overhead expenses. It is the responsibility of each donor to choose charities in accord with individual preferences.

3. New requirements for tax receipts. The International Revenue Service (IRS) now requires documentation for all charitable contributions, regardless of size. Please see "Do I need a tax receipt?"on page 26 for more details. The CFCNCA provides this information as guidance only. **CFCNCA is not responsible for tax advice and strongly suggests that donors contact their tax advisors with any specific questions regarding the new IRS rules.**

What is unique about Global Impact's management of CFCNCA?

• New technology: Electronic tools for the contributor will make it easier and more efficient to search for charities on the CFCNCA website (www.cfcnca.org). Federal employees can also call the campaign helpline at 202-465-7230 with any questions.

Continued on page 26

IT'S HARD TO TIGHTEN YOUR BELT WHEN YOU'RE WEARING DIAPERS.

Every 47 seconds, a baby in America is born without health insurance. Now that's something to scream about. Call 1 (877) 233-9025 to find out how you can help.

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Charity Choices .com

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Star-Studded Start to the Campaign . . .

Continued from page 13

the Federal Deposit Insurance Corporation (FDIC) held its CFC kickoff before a raucous crowd at the William Seidman Training Center in Arlington, VA. The baseball-centric event featured everything from hot dogs to peanuts to ballpark bleachers.

Organ music filled the air as FDIC employees were handed "Team FDIC" pennants and programs as they entered the Virginia Square Auditorium.

Division of Administration Director Arleas Upton Kea not only acted as the master of ceremonies, but also described how a CFC-supported agency was instrumental in assisting with the adoption of her two children. Along those same lines, Chief Learning Officer Thom Terwilliger also spoke about a similar CFC-supported charity that aided in his own adoption many years ago when he was an orphan in Korea.

The Washington Nationals mascot Screech made a surprise appearance at the U.S. Department of Energy's kickoff. As Secretary of Energy Samuel Bodman was giving a speech in the department's auditorium, Screech came running down the aisle tossing foam baseballs into the crowd. Screech was a big hit with the audience and employees lined up to get a picture with the popular mascot.

(Top) Secretary of Energy Samuel Bodman lined up for a picture with Washington Nationals mascot Screech. (Left) Two Federal Deposit Insurance Corporation employees enjoying the agency's baseball-centric kickoff event.

Picnic, Symphony, Carnival Events Kick Off Agency Campaigns

The U.S. Environmental Protection Agency (EPA) held its 2007 CFC kickoff on the front lawn of the Ariel Rios Building before a few hundred sun-splashed spectators. Mike Moore, the EPA's CFC Campaign Manager, hosted the event that featured speeches from CFC Loaned Executive Pamela Maimer, EPA Deputy Administrator Marcus Peacock, and the EPA's CFC Vice Chair George Gray.

Over 20 charities were present to provide information about their organizations at a charity fair preceding the event and a hot dog sale raised additional funds for this year's CFC campaign.

With the melodic sounds of the NIH Philharmonia playing in the background, the National Institutes of

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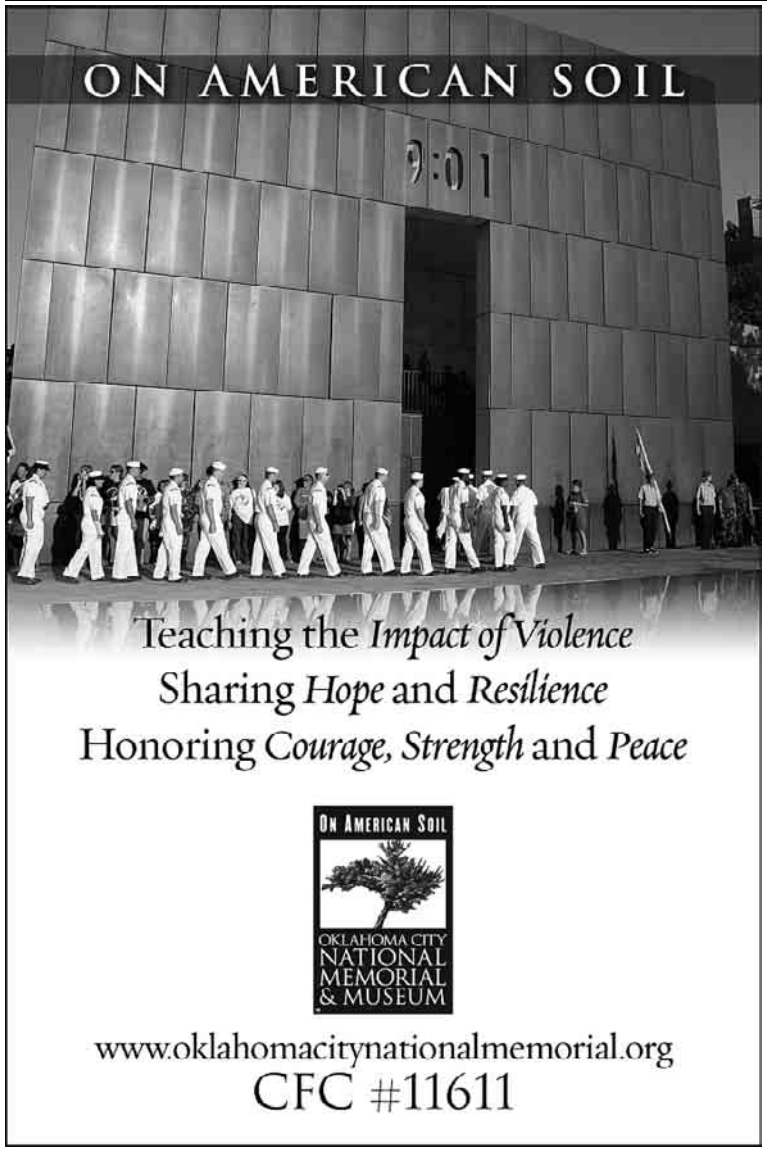
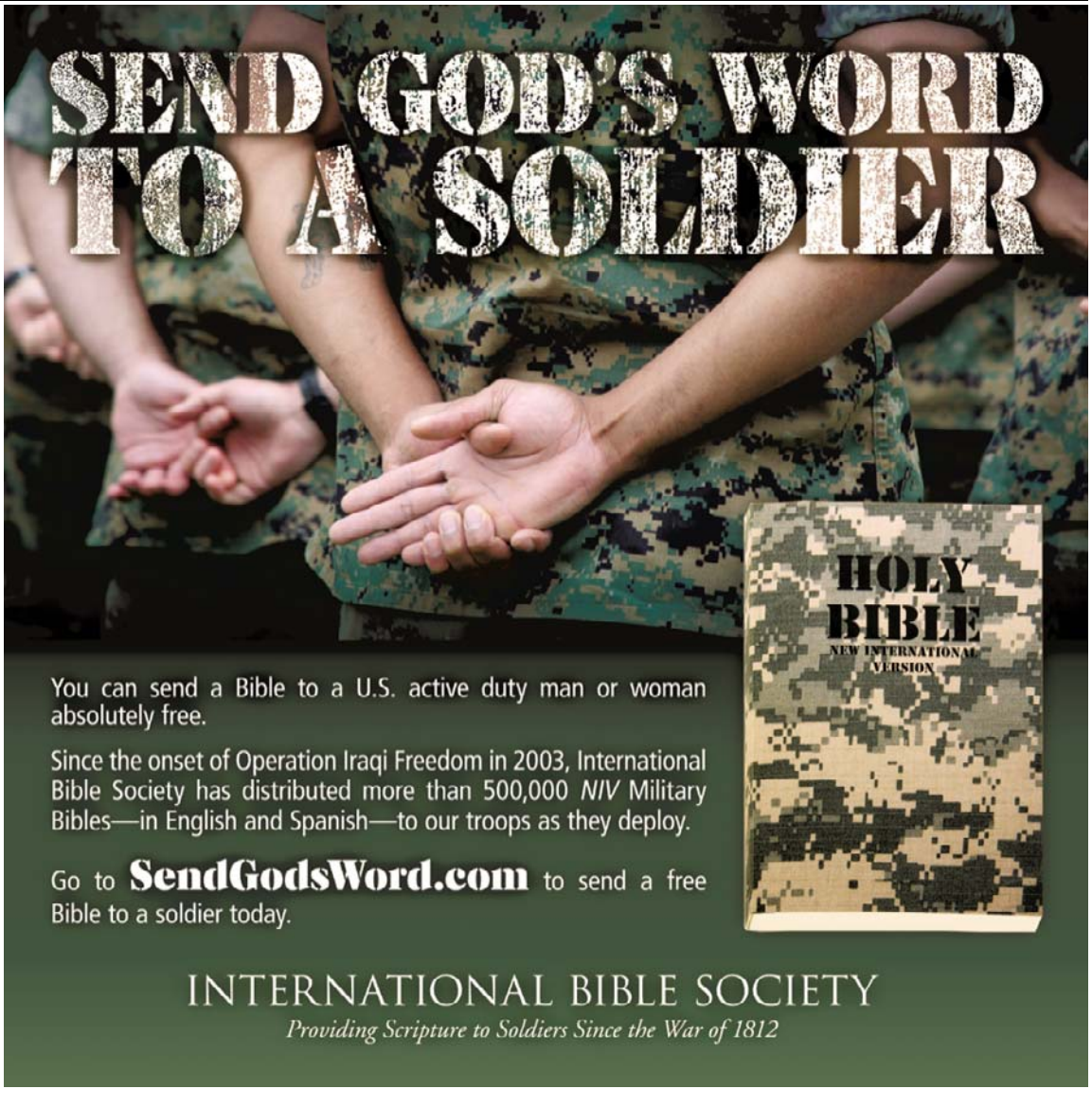


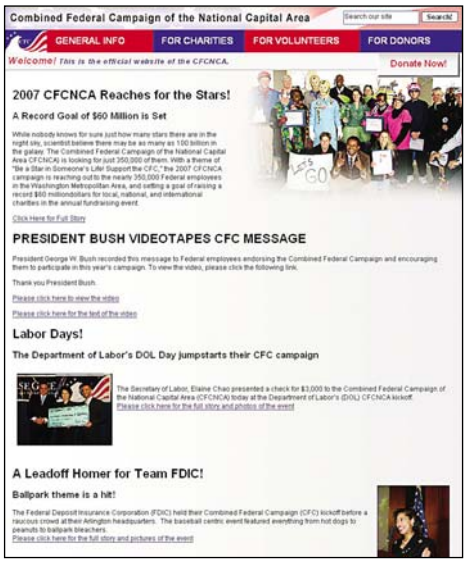


Improved CFC Website is Up & Running!

When it comes to anything related to the 2007 Combined Federal Campaign of the National Capital Area (CFCNCA) the place to be is at www.cfcnca.org. That is the official CFCNCA website and features important campaign news, downloads, and the online campaign management tool MANAGE.

"I like to think of it as a one-stop shopping spot for volunteers, donors, and charities," says Anthony De Cristofaro, executive director of the CFCNCA. "It is an incredible resource both for those interested in donating to a charity, as well as people running a campaign."

The website was redesigned for this year's campaign and not only has a fresher, more eye-appealing look, it is also easier to navigate and offers many new features compared to the 2006 site. The download section has been updated and allows anyone to watch numerous Combined Federal Campaign (CFC) videos. "They are all there at the donor's fingertips, from President Bush's CFC message, to our Honorary Chairperson Admiral Thad Allen's video of encouragement, to our campaign videos," says De Cristofaro.



www.cfcnca.org

Videos are not the only items available for download: campaign posters, artwork, catalogs and training materials, and much more all can be accessed from the site. The website also allows donors to search the more than 3,600 charities in this year's *Catalog of Caring* in order to help them find charities that are meaningful to them.

One of the key functions of the site is the MANAGE system. It was created to allow campaign volunteers and staff to

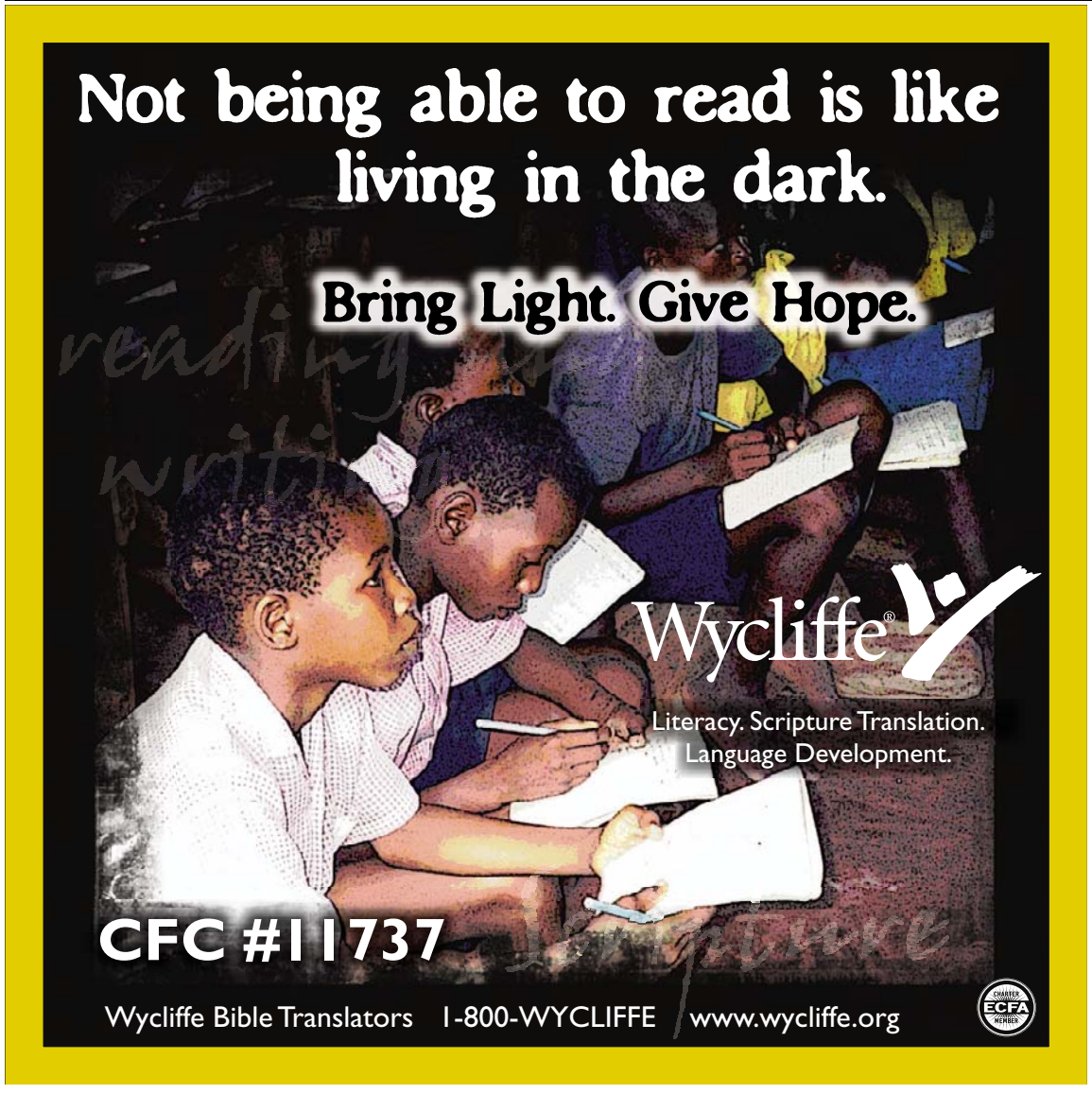
- Order supplies
- Schedule charity outreach events
- Submit and track pledge deposits
- Create detailed campaign progress reports
- Order reporting unit awards, and more!

"MANAGE makes it extremely easy to be a Campaign Manager by providing me one centralized place to submit campaign information and order the materials I need," says Barbara Sherry, the Campaign Manager at the U.S. Census Bureau.

The website also allows the CFCNCA to update on a daily basis information on the various kickoffs and events that occur during the campaign, as well as feature CFC-related human interest stories.

Resource Specialist Jeff Brown of the CFCNCA is enthusiastic about the new website. "My favorite part of my job is being able to post stories and pictures of the CFC activities that the Federal agencies are actively involved with," says Brown. "They put so much hard work and creativity into running their individual campaigns; it is a pleasure for me to highlight their efforts on our website."

Please visit www.cfcnca.org and take advantage of this year's newly designed website to find one or more charities that support causes that are important to you, and *Be a Star in Someone's Life!*. ★



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10224 America's Charities
10360 100 Black Men of America
10361 American Campaign for Prevention of Child Abuse and Family Violence
11889 American Center for Law and Justice
11890 American Civil Liberties Union Foundation
11627 America's Second Harvest - The Nation's Food Bank Network
10363 Amnesty International of the USA
10357 Canine Partners For Life
11628 Catholics United for Life
11102 Christian Appalachian Project
10358 Consumers Union of United States
11629 Diabetes Research and Wellness Foundation
10359 Dress for Success Worldwide
11892 Eagle Forum Education and Legal Defense Fund
10986 Feed The Children
11630 The Fund for Animals
11633 GlobalGiving Foundation
12178 Goodwill Industries International, Inc.
11893 Human Rights Campaign Foundation
11894 The Humane Society of the United States
10540 Meals On Wheels Association of America
10354 Mothers Against Drunk Driving
11104 NAACP Legal Defense and Educational Fund.
10355 NAACP Special Contribution Fund
11631 National Law Enforcement Officers Memorial Fund
11287 National Trust for Historic Preservation in the United States
10350 Native American Rights Fund
11105 Orphan Foundation of America
0351 PetSmart Charities
11634 Point Foundation, The National Gay & Lesbian Scholarship Fund
11632 Population Connection
11895 Puerto Rican Legal Defense and Education Fund
11635 The Rutherford Institute
10352 Southern Poverty Law Center
11106 Veterans for America

10287 Children1st – America's Charities
11570 Believe In Tomorrow National Children's Foundation
10701 Cancer Research for Children (National Childhood Cancer Foundation)
11571 Childhelp®
10702 Children's HeartLink
10703 The Children's House at Johns Hopkins
11573 Children's Rights
12153 Coptic Orphans Support Association
12007 Father Flanagan's Boys' Home
11874 Give Kids The World
11289 The Grace Children's Foundation
10704 The Hole In The Wall Gang Fund
11312 "I Have a Dream"® Foundation
12008 Junior Achievement
11375 Make-A-Wish Foundation® of America
11574 National Black Child Development Institute
11575 Prevent Child Abuse America
10948 Reading Is Fundamental, Inc. (RIF)
11277 Ronald McDonald House Charities®
10949 STANDUP FOR KIDS
11305 Starlight Starbright Children's Foundation
10950 Teach For America
11299 Tiger Woods Foundation, Inc.
11577 Youth Service America

10963 Health1st – America's Charities
12005 AIDS Alliance for Children, Youth & Families
11371 American Foundation for the Blind
11296 The Arc of the United States
11148 Black Women's Health Imperative
12193 Breast Cancer Coalition
11074 Cancer Research and Prevention Foundation
11716 Christopher and Dana Reeve Foundation
11149 Diabetes Research Institute Foundation, Inc.
11990 Dystrophic Epidermolysis Bullosa Research Association of America
10362 Hospice America (American Hospice Foundation)
12006 International Planned Parenthood Federation, Western Hemisphere Region
11712 International Rett Syndrome Association
11991 Lance Armstrong Foundation, Inc.
11150 Multiple Sclerosis Association of America
11714 NARAL Pro-Choice America Foundation
10356 National Association of the Deaf
11151 National Down Syndrome Society
11152 National Marfan Foundation
11992 National Organization for Rare Disorders (NORD)
10214 National Psoriasis Foundation
11154 Ovarian Cancer Research Fund
11715 Tuberous Sclerosis Alliance

www.charities.org

800-458-9505

Unlock Your Creative Genius

Every year the Combined Federal Campaign of the National Capital Area (CFCNCA) invites all Federal workers to unleash their creativity and think of new and fun ways to promote the Combined Federal Campaign (CFC) in their workplace. And since nothing adds to the fun more than a little friendly competition between departments and agencies, CFCNCA hosts the annual Campaign Contest as a way to showcase and recognize the innovative and creative ways Federal employees have approached the campaign.

The contest rewards specific creative efforts that communicate the spirit of the CFC, demonstrate how these efforts have helped to express this year's theme ("Be a Star in Someone's Life! Support CFC"), and accomplish the three CFC goals:

1. Contact all employees in a department or agency about the opportunity to give to CFC.
2. Increase participation in the campaign.
3. Increase the amount of the average gift.

In addition to being measured against the goals, contest entries are judged on the following criteria:

- Overall impression
- Presentation quality
- Creativity/uniqueness
- Communicating the CFC message
- Perceived level of effort.

Last year, CFCNCA received entries from numerous departments and agencies, including the Department of Defense, Department of Transportation, Peace Corps, Department of Commerce, Federal Communications Commission, Farm Credit Administration, U.S. Postal Headquarters, and the National Institutes of Health. There are nine contest categories, and within each category an award is made to a small, medium, and large organization. This levels the playing field; a small organization does not have to compete with a large one (and a large budget). The nine categories are:

EXECUTIVE AND LEADERSHIP INVOLVEMENT AWARD—will recognize the best involvement of the head of the agency and senior leadership of the organization into the implementation of campaign activities, events, and communications.

MOST INNOVATIVE CAMPAIGN TECHNIQUE AWARD—will recognize the most creative campaign technique.

BEST SPECIAL EVENT AWARD—will recognize the most outstanding campaign rally, kickoff, volunteer involvement, day of caring, or other event.

2006 campaign contest entry from the U.S. Department of Veterans Affairs.

BEST WEB-SITE/ELECTRONIC COMMUNICATIONS AWARD—will recognize the most creative use of the website and video tools to communicate the CFCNCA story.

BEST POSTER/DISPLAY AWARD—will recognize the most creative poster to publicize CFC and attract contributors to the campaign.

BEST CAMPAIGN WRITING OR PUBLICATION AWARD—will recognize the person who writes the best essay, feature story on an employee, or feature story on a charity. In addition, campaigns may enter any magazine, newspaper, or other printed periodical that does its best to emotionally draw givers into the campaign and communicate the appeal of CFC.

BEST PHOTOGRAPHY AWARD—will recognize the outstanding use of

FRIENDS of Homeless Animals
A humane society organized to protect & save animals.

Donate to FOHA thru CFC #83554
To Adopt, Foster, Donate or Volunteer,
Please see our web site www.FOHA.org
Or call 703-385-0224.

Our Mission

FOHA strives to:

- Bring an end to the unnecessary killing of companion animals
- Provide a safe haven for abandoned and abused animals
- Provide food, shelter, medical care, rehabilitation, and compassion to homeless animals
- Find permanent, loving homes for the animals in our care
- And most importantly, bring about a time when there will be no more homeless pets and every dog and cat can be guaranteed a loving home

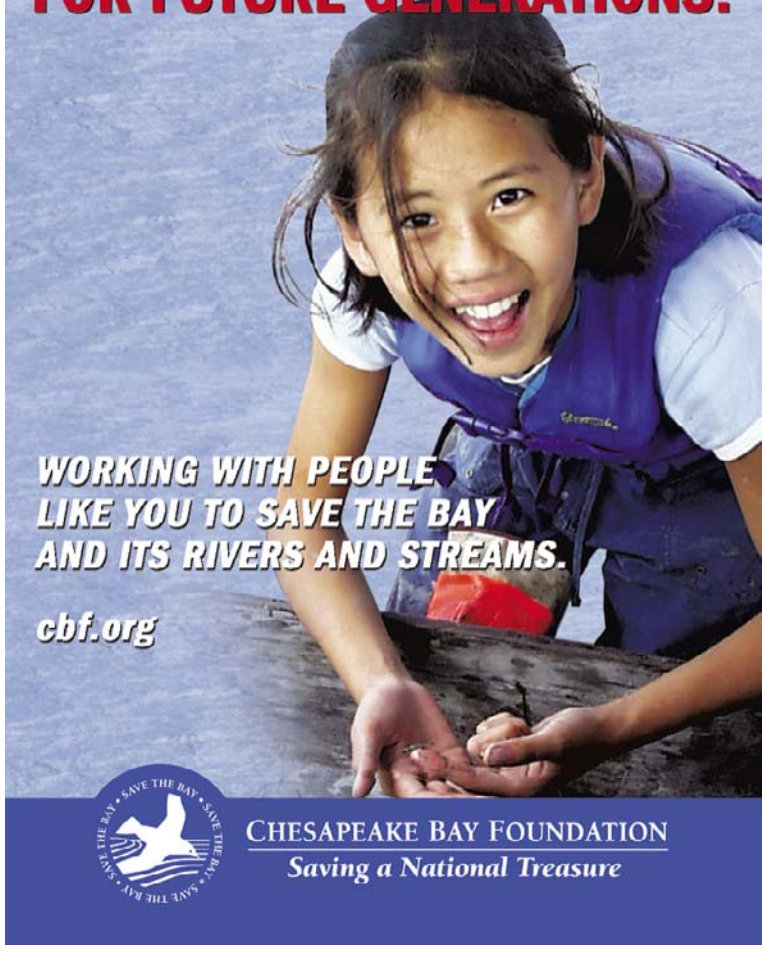
Located in Northern Virginia, FOHA has been serving the Washington metropolitan area since 1973. FOHA is a non-profit no-kill shelter dedicated to saving homeless dogs and cats and placing them in permanent loving homes.

The FOHA Cattery

FOHA's Long Term Village

Support FOHA by visiting our resale shop -
The Treasure Hound
101 Federal St., Middleburg, VA.

HELP US ENSURE A LEGACY OF CLEAN WATER FOR FUTURE GENERATIONS.



original images to publicize the CFC.

BEST OVERALL COMMUNICATIONS PROGRAM — will recognize the use of multiple techniques to inform, motivate, and move employees to participate in the 2007 campaign.

STAR OF THE YEAR AWARD — will recognize the special contributions of an individual campaign volunteer.

Each cabinet department, branch, and independent agency will have the option of nominating a CFCNCA Star of the Year for a special award to be given at the Campaign Community Event in February. The individual nominated will be evaluated based upon BOTH of two key factors: exceptional commitment to CFCNCA activities as a Federal worker and dedicated service to communitywide volunteerism on a personal level.

Four overall Stars of the Year will be selected, one each from nominees in the civilian, military (both non-uniformed and uniformed personnel), and U.S. Postal Service sectors. Last year's winners included DeAnn Malone (civilian, Internal Revenue Service), Carole Lieber (military, non-uniformed personnel, Department of Defense—Defense Information Systems Agency), Major Dennis McCallum (military, uniformed personnel, Department of Defense—The United States Army), and Sheila Cash-Carter (postal, U.S. Postal Headquarters).

CFC Innovator Awards are presented to campaigns that implemented an innovative strategy that led to increased participation and/or contributions.

Local Star of the Year Award recipients and the winner of the Most Innovative Campaign Technique Award will be entered into the national CFC contest sponsored by the Office of Personnel Management (OPM). Each year OPM recognizes campaigns and volunteers who have made extraordinary contributions to the CFC through their dedication and creativity, and who demonstrated leadership qualities in their campaign. CFC Innovator Awards are presented to campaigns that implemented an innovative strategy that led to increased participation and/or contributions. For the past two years, CFCNCA was presented the national CFC Innovator Award for outstanding work during the 2005 and 2006 campaigns.

Did you see an eye-catching poster that made you stop and think about the CFC? Did you read a compelling human interest story that reinforced your decision to donate? Do you know a co-worker that has gone above and beyond the call of duty this campaign season? Then make sure your department, agency, or fellow Federal employee gets the recognition they deserve by entering into CFCNCA's 2007 Campaign Contest. Your imaginative efforts to host the best event, involve your leadership, and showcase your Stars may collect valuable recognition for you and your organization!

Contact your Campaign Manager, Loaned Executive, or Associate Campaign Director with questions and for help.

Note to Department of Defense (DoD) Campaign Managers: Do not submit entries directly to CFCNCA. Submit your work to the DoD contest. The Voluntary Campaign Management Office sends winners to the CFCNCA competition.

Contest guidelines, applications for entries, and details about judging are available online at www.cfcnca.org. ★

Deadline 5 p.m.
February 15, 2008

Mail or deliver entries to:

CFCNCA
750 17th St., NW, Suite 200
Washington, DC 20006

If you have questions, please call (202) 465-7200.

What's Your Passion?

Ending Hunger is Ours

capital area foodbank

United Way #8052
CFC #30794

645 Taylor Street, NE
Washington, DC 20017
Ph: 202-526-5344

6833 Hill Park Road
Lorton, VA 22079
Ph: 703-541-3063

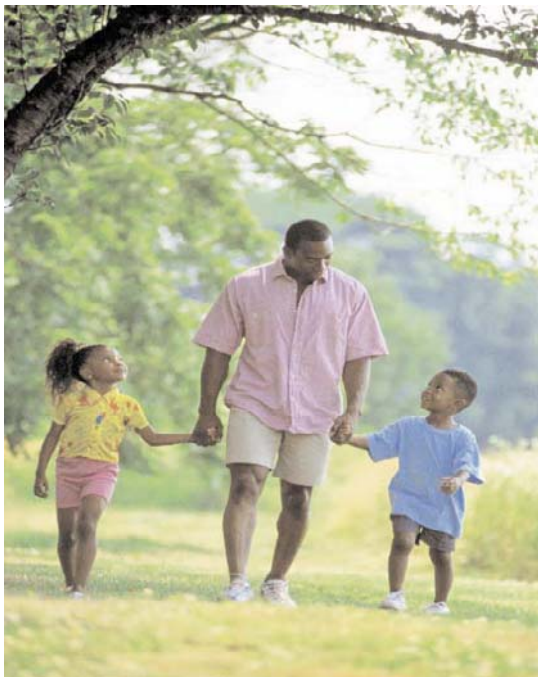
www.CapitalAreaFoodBank.org

21 million reasons to help

21 million children and adults in America have diabetes.

The mission of the American Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Choose **CFC Code #11235** to support our research, information and advocacy efforts.



American Diabetes Association®
Cure • Care • Commitment®

Visit diabetes.org or call 1-800-DIABETES

What Your Contribution Can Do

Each contribution has tremendous healing power. The following are examples of common payroll pledge amounts per bi-weekly pay period that show how so little can do so much for so many.

NATIONAL

$100 PER PAY PERIOD

- Donates a month of bus tokens or Metro passes for 40 men and women in transitional housing
- Allows a law clerk to spend 160 hours of work on clients who cannot afford lawyers

$50 PER PAY PERIOD

- Helps to keep one HIV-positive youth connected to medical care
- Feeds 1,200 homeless men, women, and children with a nutritious breakfast

$25 PER PAY PERIOD

- Provides shelter and meals for four senior citizens who are abused, neglected, or exploited
- Allows a hospitalized soldier's family to stay in housing near the treatment center for two months

$15 PER PAY PERIOD

- Buys 50 pounds of pet food for animals in local shelters
- Provides two breast cancer patients with support from trained survivors

$10 PER PAY PERIOD

- Provides three hours of speech therapy for children with autism, or eight hours of training for their parents and teachers
- Prevents the eviction of one local family from their home and helps to pay their utility bills

INTERNATIONAL

$100 PER PAY PERIOD

- Stocks a farm in South America with two cows, two sheep, two goats, two pigs, and enough chickens to lay more than two dozen eggs a day—enough to provide food and income to 10 families
- Teaches more than 75 Afghan girls who never went to school how to read, write, and do basic arithmetic

$50 PER PAY PERIOD

- Vaccinates 1,300 people in a refugee camp against meningitis, measles, polio, or other deadly diseases
- Provides emergency medical supplies to aid 6,500 disaster victims for one month

$25 PER PAY PERIOD

- Irrigates the land of five farmers for one year in Sub-Sahara Africa
- Cures malnutrition in more than 30 children in Darfur

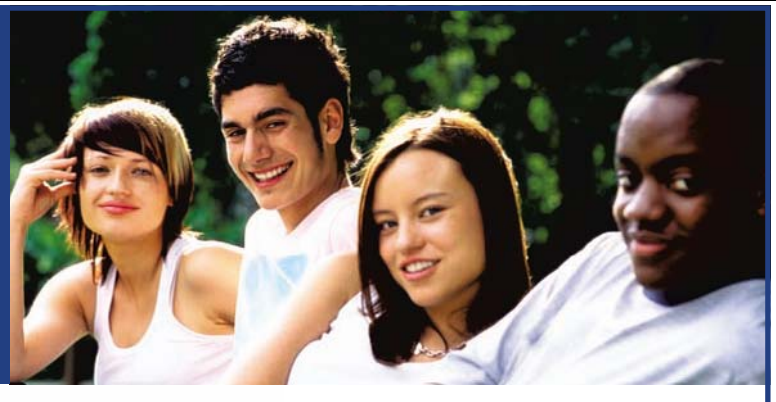
$15 PER PAY PERIOD

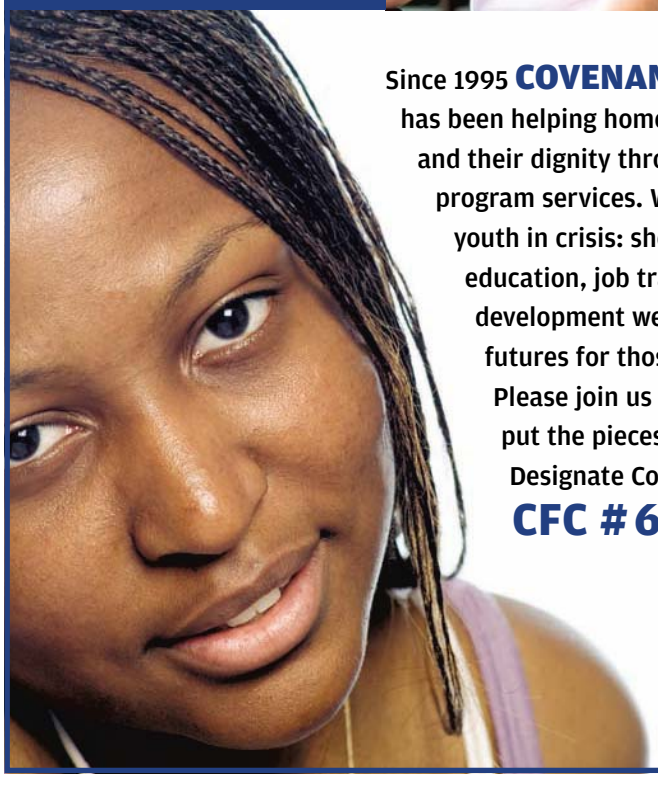
- Provides two families, homeless as the result of a disaster, with tents and tarps, blankets, water buckets, and hygiene supplies
- Offers two children—orphaned by AIDS—education, medical care, nutrition, and income-generating skills for one year

$10 PER PAY PERIOD

- Secures a small loan for three rural women in Cambodia to start their own fish farms
- Provides 100 bed nets to protect sleeping children from insects that spread malaria, a leading cause of death among children in Africa

RESHAPING LIVES CREATING FUTURES





Since 1995 **COVENANT HOUSE WASHINGTON** has been helping homeless youth reclaim their lives and their dignity through a comprehensive array of program services. We address the immediate needs of youth in crisis: shelter, food, and clothing. Through education, job training, and youth leadership development we are reshaping lives and creating futures for those often written off by society. Please join us as we work to help youth in crisis put the pieces of their lives back together again. Designate Covenant House Washington,

CFC # 65964.

Covenant House Washington
2001 Mississippi Avenue, SE
Washington, DC 20020
202-610-9600
www.covenanthousedc.org

INTERNEWS

INFORMATION SAVES LIVES

INTERNEWS
CFC #12252
An International Independent Organization

Internews Network trains journalists and strengthens independent media around the world.

Your support ensures that local, reliable information reaches people who need it most.

Learn more at www.internews.org.

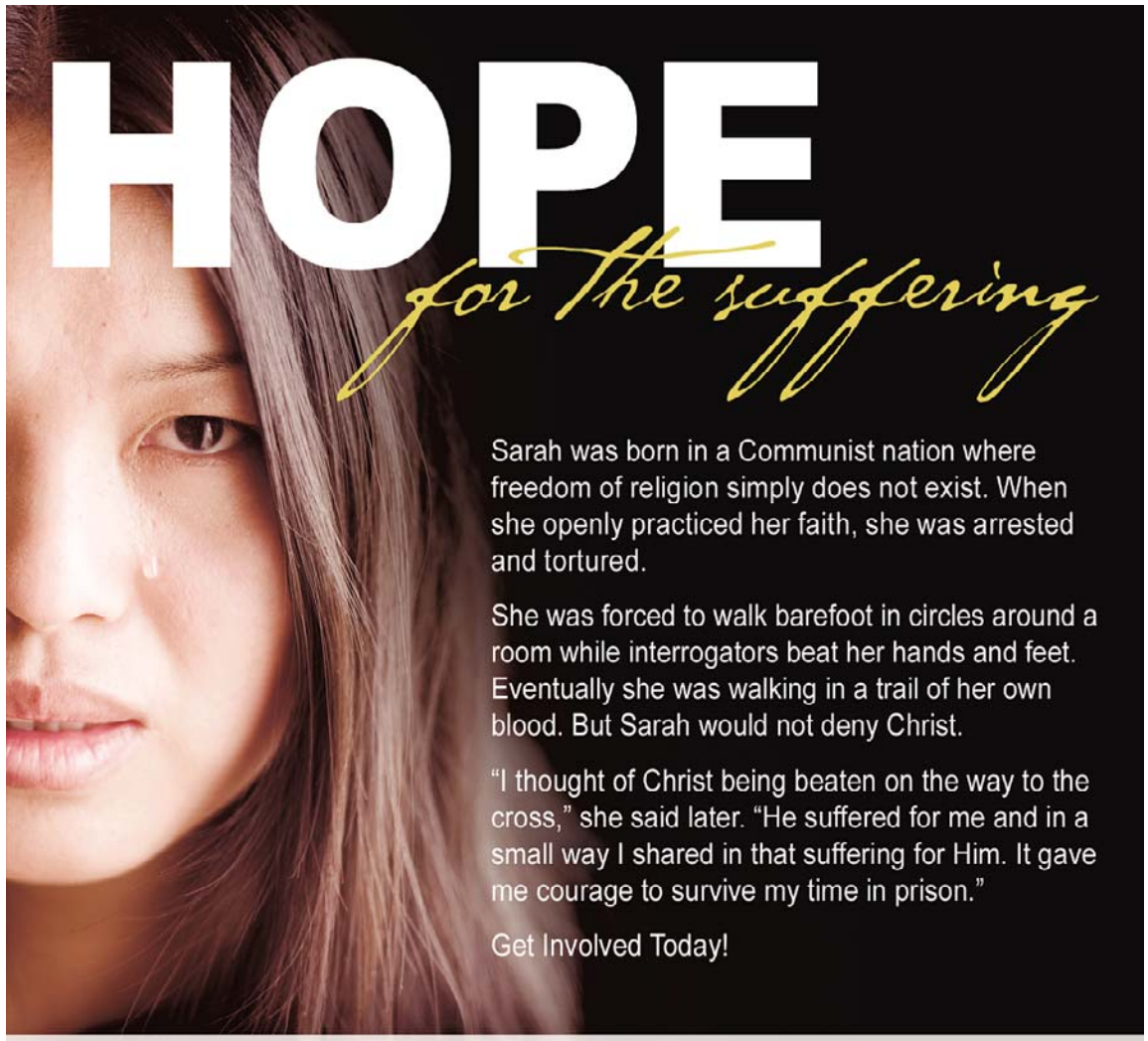
ABOVE: AN INTERNEWS-TRAINED JOURNALIST REPORTS FROM A DARFUR REFUGEE CAMP.

Residents of Washington, DC, pay the highest per capita federal income taxes in the nation. Yet, they are denied voting representation in Congress.

DC Vote

www.dcvote.org CFC #66340

HOPE
for the suffering



Sarah was born in a Communist nation where freedom of religion simply does not exist. When she openly practiced her faith, she was arrested and tortured.

She was forced to walk barefoot in circles around a room while interrogators beat her hands and feet. Eventually she was walking in a trail of her own blood. But Sarah would not deny Christ.

"I thought of Christ being beaten on the way to the cross," she said later. "He suffered for me and in a small way I shared in that suffering for Him. It gave me courage to survive my time in prison."

Get Involved Today!

The Voice of the Martyrs

www.persecution.com/campaign
Serving the persecuted church since 1967

NEW
CFC# 10993

Children Affected by AIDS Foundation
CFC#11976

Since our inception in 1993, the **Children Affected by AIDS Foundation** has provided critical assistance to thousands of children affected by AIDS.

CHILDREN AFFECTED BY AIDS FOUNDATION

www.caaf4kids.org

American Red Cross

Alexandria Chapter
#62761

Arlington County Chapter
#99248

Loudoun County Chapter
#45497

ARC of the National Capital Area
#96686
Which covers Pr. George Co. MD, Montgomery Co. MD, Fairfax Co. VA, Dist. of Columbia, & Cities of Fairfax and Falls Church, VA

Prince William Chapter
#80217
Which covers Pr. William County, the Cities of Manassas, Manassas Park, and Quantico Marine Base

Providing relief for victims of disaster and helping people prevent, prepare for and respond to emergencies.

This CFC Volunteer is All "For" Meeting—and Exceeding—His Department's CFC Goal

Acting Army CFC Coordinator Paul Schneidmill shares his thoughts on the Combined Federal Campaign of the National Capital Area (CFCNCA)

The 2007 Combined Federal Campaign (CFC)—the largest workplace fundraising program in the world—is underway in the National Capital Area. I am enjoying the privilege of participating in the numerous creative ways Department of Defense (DoD) employees are raising money for charitable organizations locally, nationally, and internationally.

For Federal government employees, both military and civilian personnel, giving to the CFC is undeniably the easiest and most effective way to contribute to charities of choice. Contributions can be given by payroll deduction, which spreads the donation throughout the entire year, or by a one-time cash or check donation.

I am amazed at the enthusiasm and excitement of the DoD Campaign Managers, Team Captains, Keyworkers, and Loaned Executives. They are using many innovative techniques to help motivate their fellow workers to give.

In addition to the popular, well-known kickoffs and events such as charity fairs, bake sales, book sales, hot dog sales, and employee dress-down days that typically occur during the campaign, other unique events have been taking place throughout the Washington, D.C., area. To name a few, DoD volunteers around town have organized:

- Agency Idol Competitions
- Bowling and Golf Tournaments
- Carnivals and Fairs
- Costume Contests
- Dunk Tanks (with supervisors

Acting Army CFC Coordinator Paul Schneidmill with LT. Col Teresa Walters attending a 2006 CFCNCA reporting meeting.

"We are Counting on You"

Support the Washington Humane Society

Protecting and defending homeless, abused and abandoned animals in Washington , DC Since 1870

Our NEW CFC #58899, our United Way #8222

Washington Humane Society
7319 Georgia Ave, NW
Washington, DC 20012
202-BE-HUMANE
202-723-5730

www.washhumane.org

Quality Trust For Individuals With Disabilities

#CFC 33317

Your gift will make life better for men, women, children and families with developmental disabilities in DC - like Wanda's - through person - centered advocacy, monitoring, legal support and QT's Family EMPOWERment Center.

5335 Wisconsin Avenue, NW - #825
Washington, DC 20015
202-448-1445
www.dcqualitytrust.org

Quality Trust
FOR INDIVIDUALS WITH DISABILITIES

Powering Change Through Partnership

serving as the "dunkees")

- Iron Chef Cook-off Competitions
- Jeopardy Games
- Marksmanship Competitions
- Movie Matinees (complete with popcorn)

In 2006, I was a CFC Loaned Executive—a Federal employee on "loan" from my home agency to assist with the campaign—and I saw many similar ideas from a DoD perspective. Now, serving as this year's Acting CFC Coordinator for the regional U.S. Army, I am getting an up-close and personal view of the creative means volunteers are using to successfully reach Army CFC goals.

I once heard a story about a man who received a life sentence for a crime he did not commit. After exhausting his appeals process without success, he decided to escape by tunneling out of prison. The man tunneled and tunneled until he believed he was well out of sight of the prison, then began digging upwards. He surfaced in the middle of an elementary school playground. Looking in each direction, he saw no indication of the prison facility. So happy that he had made a successful escape, he failed to notice a group of first graders that cautiously approached him. "I'm free, I'm free, I'm free!" the man shouted excitedly. "That's nothing, Mister," said a first-grader behind him, "I've got a baby sister that's four."

Well, I, too, am "for," but please do not mistake this admission as a reference to my age.

What I am saying is that I am "for" the CFC. I am "for" giving to the CFC for the purpose of helping as many of the more than 3,600 participating charities as I can. Like the escaped inmate, I am excited, but my excitement is tied to the great work the Army is doing "for" the 2007 CFCNCA. From my present viewpoint, based largely on the gallery of giving activities organized by my fellow volunteers, I can say that the Army is on the way to meeting its goal.

If you have yet to participate in this year's CFC, I encourage you to join your fellow Federal donors. Look through your *2007 Catalog of Caring* to find the charity or charities you would like to support, and fill out your Pledge Card to *Be a Star in Someone's Life!* By increasing participation, we will be sure to meet—and even exceed—this year's $60 million CFCNCA goal. ★

CFC Organizatinal Chart

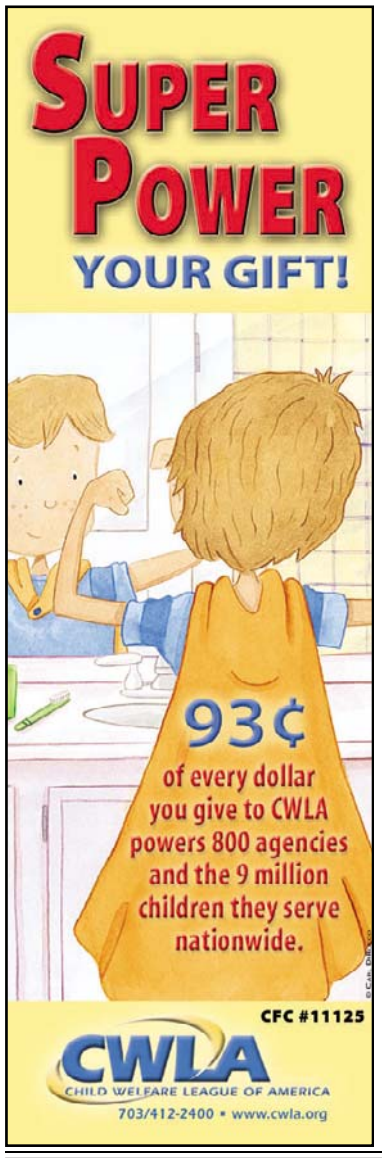
Office of Personnel Management (OPM)
The Federal Government's human resources department. This office establishes the guidelines for all CFCs.

Local Federal Coordinating Committees (LFCC)
Volunteer groups of Federal officials that govern the conduct of and set policies for local CFC campaigns. Decisions regarding inclusion of charities in local campaigns are made by each LFCC.

Principal Combined Fund Organization (PCFO)
Outside fundraising organizations appointed by LFCCs to administer local campaigns. (PCFOs are also known as Campaign Managers.) Global Impact is the PCFO for the Combined Federal Campaign of the National Capital Area (CFCNCA).

CFCNCA is one of nearly 270 CFC Local Campaigns

Federations
Umbrella groups composed of charities organized to raise funds in workplace campaigns efficiently. They are responsible for application submissions and processing for the CFC and other public campaigns, participation in campaign events, distribution of contributions, and marketing on behalf of their members.



BE A STAR IN SOMEONE'S LIFE!
Pledge today to help your favorite charities
CFC
Combined Federal Campaign of the National Capital Area
www.cfcnca.org
To advertise your CFC charity organization in Express call or email: Kathryn Whitener @ 202.334.6171 whitenerkl@washpost.com

THE SIX P's OF PLANNING
your support helps thousands plan a brighter future
PROVIDING affordable quality care at 5 clinics in metro DC
PROTECTING reproductive health rights
PREVENTING unintended pregnancies and the spread of HIV/AIDS
PRESCRIBING emergency contraceptive and birth control
PROMOTING education and prevention
PREPARING teens through peer-led programs
Planned Parenthood of Metropolitan Washington, DC
www.ppmw.org
CFC Number: 94616

Metropolitan Guinea Pig Rescue

CFC #94742

We need rescue too!

www.mgpr.org

N STREET VILLAGE

1333 N Street NW

Washington, DC 20005

A Ministry Founded by
Luther Place Memorial Church

N Street Village empowers homeless and low-income women to claim their highest quality of life by offering a broad spectrum of services and advocacy in an atmosphere of dignity and respect. The Village also provides affordable rental housing for low and moderate-income individuals and families.

Please support us in the **2007 Fannie Mae Help the Homeless Walkathon**, you can sign up at **www.nstreetvillage.org**.

Please visit our Webpage for additional information about **N Street Village**.

CFC #90946

This fall N Street Village was honored with a visit from His Holiness, The Dalai Lama.

Frequently Asked Questions

Continued from page 16

• CFC-e ®: CFC contributors in the Washington Metropolitan Area will be able to fill out their CFC-e ® Pledge Card online and print it out to submit to their Keyworker.

• Management tools: Campaign management tools will make tracking, reporting, and processing the campaign faster and more efficient. A campaign toolbox on the Internet brings stories, photos, publications, and more resources to the fingertips of Campaign Managers at more than 160 major accounts in all three branches of the Federal government.

• Theme: This year's theme, "Be a Star in Someone's Life," with the added visual element of a new logo and new artwork, puts the focus of CFCNCA on two critical links: the contributor and the people and organizations that they want to help.

• Recognition: The awards program for individual and unit recognition has been updated and refreshed.

How do I give to CFCNCA?

The most common method of making a donation is by filling out the traditional paper Pledge Card and having the amount that you designate deducted from each paycheck. You may also use the Pledge Card to make a donation by check or cash. You can use the CFCNCA website to help in the pledge process, and in departments or agencies that are part of the CFC-e ™ program you can print your Pledge Card online. Some agencies also make it possible for employees to take part in the CFC through their internal network. Choose the method that works best for you!

What is the CFC policy on coercion?

CFC giving is voluntary and we oppose coercion in any form. Our only objective is to assure that 100 percent of Federal employees in the Washington, D.C. area have the opportunity to make an informed choice to give. Only you can determine whether to give and how much you or your family can afford to donate to charity. If you feel you are being coerced into giving, you have the right to file a report using the channels outlined in the *2007 Catalog of Caring.* The CFCNCA does not condone coercion under any circumstances. If you experience it, please report it.

What is the payroll deduction option?

Payroll deduction makes it convenient for you to give by letting you spread your contribution across the entire year. Last year, more than 90 percent of all CFC funds raised were made through payroll deduction. Payments on payroll deduction pledges begin on the first pay period beginning in January and conclude with the last pay period beginning in December. There is no simpler way for you to make good things happen for many people than to contribute using payroll deduction.

Can I specify which organization will receive my contribution?

You may designate the organizations of your choice where indicated on your Pledge Card by entering the five-digit code and the amount you wish to pledge. Additional designations may be completed on a second Pledge Card. Except for documented expenses for the operation of the local CFCs and uncollected pledges, all contributions are distributed as designated.

What is an "undesignated gift?"

If you do not earmark your gift to go to specific charities or federations, it is considered an "undesignated gift." In accordance with CFC regulations, all undesignated funds will be distributed to those organizations listed in the *2007 Catalog of Caring* that received designations, in the same proportion as they received those designations. For example, if a charity received 1 percent of the total designated contributions to the CFCNCA campaign, it would receive 1 percent of the total undesignated contributions. Organizations that do not receive designated dollars cannot receive any undesignated dollars.

What do I do if I want to designate more than 10 charities?

To donate to more than 10 charities, you must complete one or more additional Pledge Cards. Fill out each card completely, and in the space below the "Total Annual Contribution" column, make the notation "Card 1 of 2" "Card 2 of 2," etc.

Do I need a tax receipt?

The IRS has announced new guidelines for the documentation of all donations to charities. Beginning in 2007, taxpayers will need proper documentation for all charitable contributions, regardless of size, or whether made by cash, check, or payroll deduction, in order to claim them as tax deductions. If you give by payroll deduction, keep the blue copy of your Pledge Card as well as a copy of your final pay stub for the year showing the total amount actually withheld. **The CFCNCA provides this information as guidance only. The CFCNCA is not responsible for tax advice and strongly suggests that donors contact their tax advisors with any specific questions regarding the new IRS rules.**

CFC Calendar '07-'08

DATE	EVENT
SEPTEMBER 21, 2007	Campaign Kickoff
NOVEMBER 14, 2007	Progress Report Lunch (National Press Club)
JANUARY 15, 2008	Public Campaign Concludes
FEBRUARY 1, 2008	Loaned Executives Luncheon (Sam and Harry's)
FEBRUARY 20, 2008	Campaign Celebration (Ronald Reagan Building)
MARCH 15, 2008	Charities Notified about Designated Totals and Donor Names
APRIL 1, 2008	First Distribution of Funds to Charities and Federations

Star-Studded Start ...

Continued from page 17

Health (NIH) kicked off its 2007 CFC campaign with a huge outdoor rally.

The star-studded event was held on the NIH campus and featured such luminaries as former U.S. Congressman, actor, and current radio personality Fred Grandy, and his radio partner Andy Parks. The kickoff was hosted by WJLA's Medical Reporter Kathy Fowler.

Grandy known for his role as Gopher in the long-running TV show "Love Boat," inspired the audience with a speech about the importance of charitable giving in America today.

The official U.S. Department of Labor (DOL) kickoff featured an appearance by Labor Secretary Elaine Chao, but DOL really started off its CFC campaign back in September with the annual "Department of Labor Day." The carnival-like event featured activities such as dunk tanks, line dancing, and even an old-fashioned tug-of-war competition.

It was a festive way to jumpstart the agency's 2007 CFC season and to raise campaign awareness among the DOL employees. The event raised $3,000 for this year's fund drive, and Secretary Chao presented Vince Micone, chairperson of the CFCNCA's Local Federal Coordinating Committee (LFCC), with a check for that amount.

Agency kickoffs remain a creative outlet for Federal employees to begin the new CFC season and to get excited about this year's theme "Be a Star in Someone's Life! Support CFC." By donating through the CFC and supporting charities, you are helping to brighten the lives of many in your community, throughout your Nation, and around the world. The excitement and dedication showcased at these agency kickoffs surely signifies the start to an extraordinary campaign season where Federal workers will pull their resources together to reach their $60 million goal.

Please visit CFCNCA's website at www.cfcnca.org to view additional photos from this year's inspiring campaign kickoffs. ★

U.S. Department of Labor Secretary Elaine Chao presenting LFCC Chairperson Vince Micone with a $3,000 check, which was raised at the agency's kickoff event.

AHC Inc. does more than build affordable housing. We build futures.

Your Help Provides:

- ✔ Affordable housing for more than 4,500 low-and moderate-income Northern Virginia residents
- ✔ Tutoring to help at-risk teens succeed and stay in school
- ✔ After-school programs that nurture children and build learning skills
- ✔ Language classes and workshops for working parents and seniors

AHC INC.

An Affordable Housing Corporation Since 1975

CFC #77198

www.ahcinc.org

1.5 million
Black women have type 2 diabetes,
460,000 of them don't know it and
50 percent of Black girls will develop diabetes in their lifetime.

The Black Women's Health Imperative is dedicated to helping Black women lead healthier lives.

Pledge Your Support Today!

CFC# 11148

Black Women's Health Imperative
1420 K Street, N.W.
Suite 1000 (10th Floor)
Washington, D.C. 20005
(202) 548-4000
WWW.BLACKWOMENSHEALTH.ORG

Feed, teach, heal, provide shelter and offer hope.

photo credit: Mercy Corps/Kyrgyzstan

Please support these or other Global Impact member charities listed in your workplace giving brochure.

GLOBAL IMPACT

Assuring help for people in need

CFC# 10187
charity.org

Project HOPE • CFC# 11115

World Vision • CFC# 11117

World Relief • CFC# 10736

FINCA International • CFC# 10737

Lutheran World Relief • CFC# 11114

Health Volunteers Overseas • CFC# 12147

Africare • CFC# 11107

Christian Children's Fund • CFC# 11385

ALL NEW 5-DIGIT CFC CODES!

Real Needs. Real Results.